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JANUARY/FEBRUARY 2021

38 DELICIOUS WAYS TO EAT MORE VEG

Shaved Root Vegetable Salad with Pistachios, page 54

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FEATURES

IT'S SOPATIME!

82

Grab your ladle and follow along as cookbook author and culinary historian **Sandra Gutierrez** takes us on a tour of some of her favorite Latin American soups.

Sopa de Albóndigas (Meatball Soup)
PAGE 89

66
The Man Who Tried Every Diet
Our author spent three years on plans from keto to Weight Watchers, dug into the bizarro history of diets and consulted countless weight-loss experts. Here's what he learned about what *actually* helps the pounds come off and stay off.
By Barry Estabrook

74
Just Tell Me What to Eat
Forget trendy diets and fleeting nutrition fads. Nutrition expert **Cynthia Sass, M.P.H., R.D.,** shares 6 small habits to help us eat healthfully in the long run. And with recipes from the **EatingWell Test Kitchen** team, it's simple and delicious to put her advice into action today.

90
Your Daily Bread
If you want to fill your home with the aroma of fresh bread but aren't ready for the commitment of sourdough, we got you. Mix up this no-knead dough and you're headed for crusty loaves, rolls and flatbread all week long.
By Adam Dolge

94
Beans & Greens
These two nutritious, easy-on-the-wallet ingredients are the Simon and Garfunkel of the kitchen, bringing melodious harmonies to every dish in which you cook them.
By Liana Krissoff

COVER PHOTO & THIS PAGE: LEIGH BEISCH
STYLING: DAN BECKER (FOOD), GLENN JENKINS (PROPS)
COVER RECIPE: PAGE 54

DEPARTMENTS

6 Editor's Letter

8 Chatter

107 Recipe Index

13 Good Life
Oh hi, 2021—so happy to see you! *EatingWell* is kicking off the new year with home fitness gear that will take your workout up a notch *(p.20)*, the skinny on those trendy adaptogens *(p.14)* and advice on how to balance weight loss and body positivity *(p.19)*.

33 Dinner Tonight
Fast. Fresh. Healthy. Ridiculously delicious. We're checking all the what-I-want-to-eat-right-now boxes with recipes like Crispy Rice Bowls with Fried Eggs *(p.34)*, Delicata, Rosemary & Blue Cheese Pizza *(p.36)* and Creamy Chicken Marsala with Prosciutto *(p.48)*.

59 Good Food Fast
Five ways to jazz up boxed mac & cheese (yes, please!) and one rather mind-blowing way to make big-batch eggs *(p.62)*. Plus, freezer-to-table game-day apps for the win *(p.64)*.

103 Well Seasoned
Our Test Kitchen team shares their Dutch oven picks (a so-worth-it investment), an inside look at how *EatingWell* tests recipes *(p.104)* and the secrets to The Best beef bourguignon—full stop *(p.106)*.

Roast bell peppers for the tuna melts on page 53.

108 Food with Purpose
Meet the chef and business owner behind the Florida food incubator that's helping launch more women into culinary careers.

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New Year, New Habits

The start of a new year is the perfect time to refresh, reset, and rethink your routine. Here, Ali Rosen, host of the television show "Potluck with Ali," shares three goals for 2021, and how she plans to make it the sweetest year yet with a little help from Truvia® sweetener.

> **"I want to be more mindful about sugar and what I'm using to sweeten my foods."**

GET SMART ABOUT SWEETENERS

I'm a big baker—I love making muffins and scones. In 2021, I want to be more mindful about sugar and what I'm using to sweeten my foods. Truvia Sweet Complete™ is an all-purpose, calorie-free sweetener that adds sweetness without the sugar; it's perfect for baking, cooking, or mixing into beverages. I often treat myself to at-home chai lattes, and I think they taste better with a little bit of sweetness in them. With Truvia®, they feel like an indulgence, but without the sugar.

AVOID THE DINNERTIME DILEMMA

I'm a mother of three, and my twin girls turn one in January, which means they'll start eating a lot more food, and I'll be cooking for five! I already spend so much time in the kitchen for my job, so I want to start making meals in advance that I can freeze and pull out on days when I'm low on time or just don't feel like cooking.

ENJOY MORE "ME-TIME"

I think most of us forgot about self-care in 2020 because it was a very stressful year, especially for parents. For me, it's important to check in with myself at the start of the new year and try to create more "me-time." My days are so loud: I'm either filming, on the phone, or with my kids. In 2021, I hope to enjoy more quiet moments to myself and read at least two books a month.

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Habits for Better Health

"Healthy for life." It's the theme that runs through many of the stories in this issue. What does it mean? My definition: having the energy and stamina to do the things you love with the people you love for the majority of your life. There are plenty of reasons—genetic, systemic and otherwise—why this can't be a reality for everyone. But if we could all wave a magic wand and make it so, wouldn't we?

My answer is a resounding "yes." But since I lack that wand there are two things I prioritize to try to make the aspiration a reality: cooking and exercise. In the photo below, I'm at the CrossFit gym in Shelburne, Vermont. When I started there, the coach explained that it was all about constant change. The mix of moves is extensive, everything from running and sit-ups to lifting barbells and doing handstand pushups. Some I'm OK at. Others: work in progress. Handstand pushup? Who am I kidding? I never know what to expect and I'm always challenged. As with whatever my fitness routine du jour is, after I'm done, I walk out energized, physically and mentally.

Even though this shot is a little mortifying to me, I figured I'd share it as a reminder to all of us of what's important: I'm showing up and doing it, even if it's not pretty or perfect. ☺

Constant change is also essential on the cooking front. It keeps me from feeling burnt out. Sure, I return to some dishes, but expanding my repertoire keeps me engaged. I love to pick up a cookbook and do a deep dive, spending weeks making dinners from it. (My current obsession is *Ottolenghi Simple*.) Of course, working here at *EatingWell* gives me an excuse to try all sorts of stuff. Tonight, the temperature is well below freezing, I've got a fire in the fireplace, and it's soup weather for sure—so I have the Sopa de Fideos *(page 88)* on the menu. I'm over having sourdough starter bubbling away in my fridge after dabbling with it last spring. (The pressure!) I'm psyched to move on to Adam Dolge's no-knead (and no-stress) method for yeast bread *(page 92)*. I have my eyes on the little Ham-&-Cheese Purses variation. And I'll definitely give the raw root vegetable salad on the cover a whirl soon.

I hope the recipes in this issue will help you on your own "healthy for life" journey. And beyond the food, there are those articles I mentioned. We touch on fitness equipment to use at home *(page 20)*, the balance between body positivity *and* aiming to lose weight *(page 19)* and even how relaxing in the bath can improve your heart health *(page 13)*. One of our authors spent three years as a dietary guinea pig—trying plan after plan—to find the most effective way to slim down and, more importantly, to find a way of eating that would be sustainable over time. His story is on page 66. Finally, for all of you making New Year's resolutions, we wanted to offer some ideas that are achievable, so your chances of making it past Day 7 are better than 50:50. In "Just Tell Me What to Eat" *(page 74)*, we outline 6 small tweaks that research shows will help you live longer and better, including eating berries every day and snacking on nuts, to name two. See what I mean? You've got this!

Happy New Year! Enjoy the reading—and cooking—and here's to a long and healthy life.

Jessie

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BRETT SIMISON

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WE ASKED YOU:

What health goals do you have this year?

To be more present.
—kimberly.w.kauffman.5

Listening to my body! Not every workout needs to be a killer sweat fest—and that's OK! *—emmahaynes10*

Drink more water.
—jonna62

My goal is to **continue my healthy eating plan** that I started last August. I've lost 56 pounds! *—mjazzy1965*

Building muscle.
—bchanson62

To **increase my vegetarian meals** instead of just Meatless Mondays.
—laurenjes

Eat more fiber!
—jaimemmilan

To continue on my path of **no more dieting** and just eating healthy balanced foods with room to splurge here and there when it's actually worth it and not from emotion.
—hollywoodslp

If you could invent a new kitchen appliance, what would it do to make your life easier?

Scan this code to tell us and we may publish your answer in a future issue.

WHAT'S TRENDING ON EatingWell.com

1 **15-Minute Meals** Preparing a delicious dinner is easy with our recipes that take just minutes to make. Start with these BBQ Chicken Tacos with Red Cabbage Slaw (*left*). *EatingWell.com/15MinMeals*

2 **Go Mediterranean** Get our best Mediterranean-style recipes so you can follow one of the healthiest ways of eating. We even have a 30-Day Mediterranean Diet Challenge to help you make it a habit. *EatingWell.com/MediterraneanDiet*

3 **Dry January** Considering a booze-free month? Read our article "What Happens to Your Body When You Quit Drinking." You might be surprised by all the perks! *EatingWell.com/DryJanuary*

THE EATINGWELL GOOD-LIFE GURUS

These exercise mavens inspire us to move more—and who doesn't want that in 2021? Plus, you'll score some free workout ideas when you follow them on Instagram.

@cmemmel23
Olympic silver medalist **Chellsie Memmel** doesn't just do gymnastic flips on her Instagram (although those are fun to watch in their own right). She also offers "Chellsie Challenges" to her followers, which are regular strength workouts that can be done right in your living room. (You can expect lots of leg lifts and planks.) They're tough, but she demonstrates how to do each move—so you can get the most out of every session.

@msjeanettejenkins
With 30 years of experience working as a trainer and health coach to the stars (celeb clients include Alicia Keys and P!nk), **Jeanette Jenkins** gets us motivated to work out *hard*. She has an exercise program you can pay to join (*thehollywoodtrainerclub.com*), but also posts fun, free workouts on Instagram like a "9 Exercise Swing Set Workout" (just head to your backyard or local park) or "10 Ab Exercises" (simply find a rug).

@chelsealovesyoga
A yoga instructor for Peloton, **Chelsea Jackson Roberts** describes her style of yoga as "a blend of contemporary hip-hop, electronic and R&B dance with asanas." Scrolling through her feed always makes us want to roll out our mats—and bust a move. Jackson Roberts is also a former schoolteacher with a Ph.D. in education, and the founder of a tuition-free camp for teen girls where attendees focus on reading, writing poetry and practicing yoga.

JENNIFER CAUSEY; INSETS (INSTAGRAM): CHELLSIE MEMMEL; JEANETTE JENKINS; CHELSEA JACKSON ROBERTS

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BUBBLES WITH BENEFITS

Sinking into a tub at the end of a long day can do wonders for your mental well-being. But your heart? Yes, it can help with that, too, according to a small but growing number of studies. Perhaps most notably, recent research published in the journal *Heart* looked at 30,000 middle-aged adults over a 19-year period and found that those who took a bath most days of the week lowered their risk of developing cardiovascular disease by 28% and reduced their odds of stroke by 26%. Scientists think that baths are good for your heart because the heat from the water improves long-term vascular function—not unlike the way exercise does (though we don't recommend trading your sweat session for a soak session). If a daily bath sounds like just another thing to add to your to-do list, check this out: Study participants who took one even three times a week reaped some heart-health benefits compared to those who tubbed two or fewer times a week. Other research suggests that regular hot baths lower blood pressure, as well as improve sleep quality. So, the next time you need a little "me time," fill up that tub and relax. Bubbles optional.
—Brierley Horton, M.S., R.D.

SUPRIJONO SUHARJOTO/GETTY IMAGES

What are adaptogens—and do they really have health benefits?

By Karen Asp

Adaptogens are said to boost the body's natural ability to handle stress by, as the name suggests, *adapting* to meet its needs. By that logic, this group of more than 70 plants brings balance the way a thermostat controls temperature: they turn up your energy when you're fatigued and help you relax when you're restless. They're also purported to address issues as disparate as trouble focusing, headaches, dry eye, high blood pressure and even cancer. While the term "adaptogen" wasn't coined until 1940, they have been used for centuries in ayurvedic and traditional Chinese medicine. The most widely marketed adaptogens include ashwagandha, rhodiola, holy basil, ginseng, maca, and reishi and cordyceps mushrooms. They're sold as supplements, teas, tinctures and "superfood" powders, foods and juices.

With the events of the past year sending anxiety levels sky-high, adaptogens have gained new popularity, seen as a healthier alternative to coping than alcohol, caffeine or food. Scientists aren't sure how exactly adaptogens work yet. But compounds in these plants (like antioxidants) are thought to increase or decrease different cellular responses—often simultaneously—to bring the body into balance. In line with this thinking, adaptogens could, say, impact how much of the fight-or-flight hormone cortisol is released, helping to reduce stress. In someone else, they could urge cells to produce more neuropeptide Y, which plays a big role in regulating mood and appetite, and helping the body adapt to physical stressors like exercise.

Does the research support these touted benefits? Only a handful of adaptogens have been studied, mostly in animals. Some of those preliminary trials have shown promise—but the evidence in humans, while mounting, has been mixed, and the studies have generally been small, short-term or of poor quality. Overall, the research suggests that adaptogens, at recommended doses and in the short term, are safe. Yet some claims, like holy basil's ability to support the liver or ginseng's cognitive-enhancing benefits, lack convincing proof. Others, such as ashwagandha's stress-quelling effect, may hold some water, though more research is needed. Most notably, two recent small trials found that taking ashwagandha supplements for 60 days lowered serum cortisol levels and self-assessed measures of stress more than popping a placebo.

Some experts argue that adaptogens are intended to be taken long-term and that their adaptable, multi-target nature may play into these lackluster results. Others are still wary. "The evidence for most widely used adaptogens is suggestive but far from decisive because of a lack of research, and a lack of funding for such research. So treat these like any other new medical intervention—with hope, respect and caution," says David Katz, M.D., preventive medicine expert, *EatingWell* advisory board member and co-author of *How to Eat*. And that means talking with your health care team before partaking, as they may have contraindications, unintended side effects or drug interactions and are not regulated by the FDA.

BOTTOM LINE: There's no good research to suggest that adaptogens are a cure-all. And they're certainly not a substitute for tried-and-true stress-management techniques and medical care. But evidence is mounting that they may help ease stress (inside and out) as part of an overall healthy lifestyle.

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"Don't Yuck My Yum!"

There's a push in school nutrition programs to encourage kids to stop labeling foods as good, bad or just plain weird. Parents, take note. **By Lucy M. Clark**

We all attach stigmas to food—intentionally or not. Those snacks? "Bad!" These snacks? "Good!" That vegetable? "Gross." This vegetable? "Yummy!

But these judgments can have a real impact on those around us. "Food is deeply emotional and cultural," says Morgan McGhee, M.P.H., R.D., director of school nutrition leadership at FoodCorps, a national nonprofit that connects kids to healthy food in schools. When someone categorizes a food as "weird" or "bad," it can make others—anyone who eats that food often—feel ashamed, embarrassed or stigmatized.

McGhee is working with schools nationwide to change the conversation around food. She says she'll never forget one particular exchange with a Latino high school student: "He said his nutrition goal for the month was 'To eat white people's food.' When I asked him what that meant, he said food from Whole Foods and Trader Joe's." Over time, the consistent messages that this student received—that white people's food was healthy and his culture's food was not—had instilled "a sort of shame," remembers McGhee.

This isn't to say that encouraging kids to fall in love with fruits and vegetables isn't an important goal. But food is about more than sustenance. It's also about identity and enjoyment. If kids have been conditioned to think their cultural food is inadequate, McGhee explains, how will they make informed and confident choices about what foods will nurture their body and soul?

For example, if a child hears that white rice is "bad"—when it is a mainstay in their diet—it could cause them to question their family's traditions or foods prepared at home. Yet in reality, it's very possible to build a healthy eating pattern around a wide array of foods, including white rice.

"At Food Corps, we tell kids, 'Don't yuck my yum,'" says McGhee. Meaning: don't call a food yucky, because for someone else, it may be yummy. "We want to encourage students to become lifelong healthy eaters while celebrating the many ways communities define food." Some strategies she says you can adopt at home:

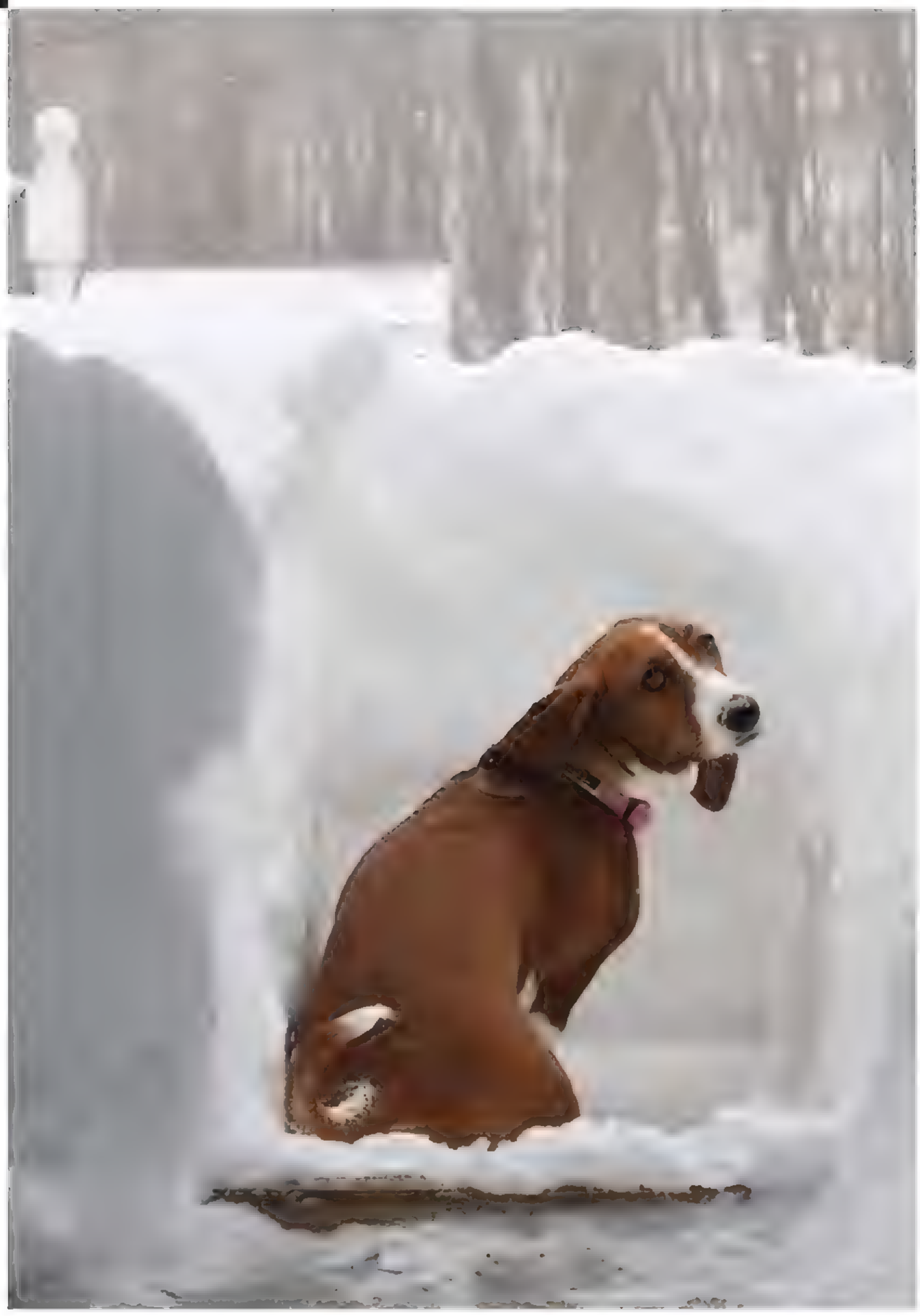
Start the conversation. To address the food labels your kids may be using, you need to know what they are—and where they come from. "Talk with your kids about what their environment—the media, their friends—is telling them about food," says McGhee. What did they have for school lunch today? Do they remember a food commercial they saw? What did it say, and what did it make them think about that food?

Be the role model. At mealtimes, choose nonjudgmental ways to describe the food—say, by talking about how the food looks, tastes, smells or even sounds, suggests McGhee. And if you use terms like "good" or "bad," put them in the context of: What foods make you *feel* good? Which make you *feel* bad?

Try new dishes together. "When we're not exposed to something from a young age, we may have a negative association with it later on," says McGhee. To promote inclusivity, she recommends seeking out recipes for culturally and geographically diverse foods and involving kids in the shopping and cooking. If you get pushback, have patience. "Kids will try new dishes and adopt different ways of thinking about foods when they're introduced to them consistently and with a positive attitude," she says.

ILLUSTRATION BY JAMES YANG

STACK IT.
BUILD IT.
MIX IT UP.



Doggone Bored?

Not your pooch. Here are 4 ideas to keep your dog entertained when the weather says stay inside. **By Hilary Hayward**

Getting your pup out to stretch his legs can be a tall order on those bitterly cold days when you need to bundle up just to get from your house to the car, never mind going for a long stroll in the park. By tapping into his innate playfulness, curiosity and eagerness to please, there are many ways to keep your dog moving—and mentally stimulated—from the comfort of your (far cozier) home. And when it comes right down to it, that's what he's most excited for: quality fun time with his favorite human.

Chew on This Chewing is a natural way to combat boredom, alleviate anxiety and keep your pup's teeth strong and clean. With so many different options to choose from, sussing out which chew toys best suit your dog may require a bit of trial and error. But if you're looking for one that has lasting power and the potential for additional entertainment, many trainers recommend durable rubber Kongs that can be filled with treats. Once you know which types of chew toys your dog prefers, keep a variety handy and switch them out regularly to keep him guessing.

Sit! Good Boy With repetition, basic commands can become a workout routine for your dog. "One of my favorite prescription home exercises is the sit-to-stand exercise," says Leilani Alvarez, D.V.M., head of integrative medicine and rehabilitation at the Animal Medical Center in New York City. Ask your pooch to sit or lie down and then get up—and repeat. "It strengthens their limbs and core," she says. Or for more of a challenge, have the dog place its front legs on an inclined or declined surface during the exercise. Aim for three to five repetitions twice daily, but always check in with your vet on how much exercise is best for your pup, recommends Alvarez.

Bust Out a Puzzle Interactive toys are a great way to give your dog a mental workout. Typically designed to engage their impressive sense of smell, many puzzles involve a series of buttons, levers or sliding tiles to reveal compartments with tasty treats hidden inside. Other puzzles, called snuffle mats, encourage your dog's natural foraging skills by having him sniff out treats nestled between long soft strips of fabric. There are also tricky balls that release treats when rolled a certain way. If your dog isn't the sort that's particularly motivated by food, try a puzzle that requires him to uncover concealed squeaky toys.

Let the Games Begin To burn off pent-up energy, a few rounds of tug-of-war or indoor fetch are always a good idea, says professional dog trainer Rachel LaMere, founder of The Positive Pup in New York City. You can also use your "sit" and "stay" commands to play a game of go find it: have your dog stay in a designated spot while you hide a favorite toy, then let him go track it down. Or turn it into a game of hide-and-seek by replacing the toy with *you* or another family member. If you're feeling creative, you can set up an obstacle course in your living room using household items, such as furniture, boxes, broomsticks and hula hoops—then encourage your dog to make his way through with toys, treats and lots of praise.

FOAP AB/ALAMY STOCK PHOTO

Your Body, Your Rules

We tackle the ultimate body positivity question: Can you love your shape *and* want to change it? **By Leslie Goldman**

When it comes to weight and body image, the American public is on the receiving end of a lot of mixed messages. The body positivity movement urges us to accept ourselves as we are and to reject the tired, old beauty norms that value thinness and perfection. But at the same time, we're told it's important to maintain a healthy weight—given that overweight and obesity are linked to many of the leading causes of death in the U.S., including heart disease and cancer.

It's a confusing landscape, and Rebecca Scritchfield, R.D.N., author of *Body Kindness: Transform Your Health from the Inside Out—and Never Say Diet Again*, has personally traveled through it. Her teens and 20s were spent restricting calories and berating her thighs. She became a registered dietitian to help people "get healthy," which at the time, she says, was code for dieting. And some of her clients did lose weight—only to regain it. Early on, Scritchfield discovered the Health at Every Size (HAES) movement, which celebrates body diversity, "life-enhancing movement" and flexible, pleasurable eating. Now the owner of a well-being practice in Washington, D.C., she says that one question she's often asked is: "Can I love my body and still want to change it?" The answer, Scritchfield explains, is yes. But it's complicated. Here's some advice from her and other experts on navigating weight concerns.

Know Your Why. If your weight is high enough to cause health issues—whether it's a condition like diabetes or nagging joint pain that's holding you back from activities you love—then losing even a few pounds can help, says Scott Kahan, M.D., M.P.H., director of the National Center for Weight and Wellness in Washington, D.C. Just make sure you're doing it for the right reasons—overall health and feeling comfortable in your own skin, suggests Kahan. And be realistic about the changes you want to make. "We're not all supposed to be skinny, just like we're not all supposed to be tall, have small feet or excel at math," says Michelle V. Scott, M.S.W., a health and wellness social worker in Buffalo, New York, who hosts The F.A.T. (Fulfilled, Actualized and Transcendent) Life podcast.

Focus on Self-Care, Not the Scale. This approach puts the emphasis on wellness-promoting behaviors that will get you toward your goal, rather than the outcome itself. And Kahan says that's what helps people stay on the path of body positivity. So ditch the restrictive diet mindset and instead think about what you can add to your life, rather than take away. That might mean eating more produce, moving your body in ways that feel good, tuning in to your hunger cues, eating mindfully, and banning the food police that deem celery more virtuous than chocolate. As you make these healthy changes, Scritchfield encourages you to think about how you can care for your body *and* create more joy in these experiences. For example, maybe that's taking a moment to appreciate your surroundings on a walk, or adding some upbeat music to a dance session.

Be Compassionate. Body shame is linked with low self-esteem, depression, disordered eating and other mental health issues—and has no place in your life. Abandon the all-or-nothing mentality that you're either skinny and healthy or overweight and sick. Mute your inner critic by asking yourself: "Would I say these things to the people I love most?" And lean into your inner caregiver, suggests Scritchfield. Showing yourself compassion can take the form of simply doing something nice for yourself (bubble bath?), surrounding yourself with positive people and appreciating all of the amazing things that your body can do for you, instead of the way it looks.

Learn more about intuitive eating at eatingwell.com/intuitiveeating

ILLUSTRATION BY CAROLE HÉNAFF

Worth-It Workout Gear

Pushups, crunches and burpees? Those will never go out of fashion, but these 5 pieces of balance-promoting equipment can amp up your fitness routine and are small enough to be used almost anywhere. By Jess Larson

1 Suspension Trainer This deceptively simple gadget allows you to do hundreds of body-weight exercises like inverted rows, triceps extensions and mountain climbers. It consists of two adjustable straps with handles and foot cradles and is easily anchored to a door, tree or pole. Because you're suspended, you're working against gravity in an unstable environment, which results in greater muscle activation that can boost strength and balance better than doing the same moves on solid ground. Plus, it's user-friendly, says Shana Verstegen, a certified personal trainer in Madison, Wisconsin: "People of all levels can use a suspension trainer, from elite athletes to seniors wanting to get in shape and those recovering from injuries."
TRY: TRX Suspension Trainer, $200, *trxtraining.com*, or **NOSSK Bodyweight Fitness Strap Trainer,** $48, *nossk.com*

2 Jump Rope The go-to training activity of professional boxers, jumping rope is a simple, high-intensity workout that burns calories fast and improves aerobic fitness. One trial found that 10 minutes per day of skipping rope was as effective as a daily 30-minute jog for improving cardiovascular efficiency (how well your body distributes blood and oxygen). It's also more versatile than you might imagine: you can do single-leg hops, high knees, backward jumps and double unders to improve agility, strength, balance and coordination. "What was a fun toy as a kid becomes quite the challenging exercise tool in our adult years," says Verstegen.
TRY: XYLsports Jump Rope, $11, *amazon.com*

3 Resistance Bands Weighing next to nothing, resistance bands are a packable and budget-friendly alternative to bulky free weights. And they work: a 2019 systematic review found that bands were just as effective as weight machines and dumbbells at building strength. How? Unlike free weights, they keep constant tension on your muscles during the full range of motion (say, as you lift and lower during a biceps curl), explains Amy Opielowski, a CorePower Yoga master trainer in San Diego. Each band offers a different level of resistance, so you can keep challenging yourself.
TRY: SPRI Total Body Resistance Kit, $30, *spri.com*

4 Core Sliders These thin disks don't look like much, but they can seriously boost the intensity of traditional core exercises. They're designed to slide on flat surfaces and are great for plank variations—put your feet on them to do mountain climbers, traveling planks or plank jacks—but they also work for lunges, pushup variations and burpees. "With your hands or feet placed firmly on the sliders, you're driving force into the ground, which means your muscles stay activated throughout the entire movement," says Katelyn DiGiorgio, vice president of training at Pure Barre in Irvine, California. Don't be surprised if your muscles start to shake (in a good way).
TRY: Synergee Core Sliders, $22, *iheartsynergee.com*

For the best at-home exercises, go to eatingwell.com/fitathome

ERIK ISAKSON/GETTY IMAGES

Classic Beauties

These products are the equivalent of the little black dress: must-have staples that always make you look chic. *EatingWell's* editorial team shares the beloved basics we "add to cart" over and over again. **By Rachel Stearns**

BONNINSTUDIO/STOCKSY; ILLUSTRATION BY HEATHER GATLEY

GREEN PICK **Aveeno Sheer Hydration Daily Moisturizing Lotion** What's good enough for Jennifer Aniston is good enough for us. "I've used this body lotion daily for more than 10 years. It doesn't irritate my sensitive skin and is super-hydrating," says associate editor Lucy M. Clark. "Also, the giant pump container seems to last forever!" *($9, Target.com)*

Cetaphil Daily Facial Cleanser In addition to testing recipes and tasting new products, senior food editor Devon O'Brien hosts videos on our website and Instagram. To keep her skin camera-ready, she swears by this gentle cleanser. "I used to have a lot of rosacea and eczema. This cleanser is not drying or harsh but still effective in removing oil and makeup. It tones down redness and makes my face feel nice and clean!" *($10, Target.com)*

Fresh Sugar Tinted Lip Treatment The ease of this lip tint makes it an office fave of several *EatingWell* staffers. It lends a done-but-not-overdone look and comes in tons of colors to suit any skin tone. Plus, it protects lips with SPF 15, hydrates and adds a bit of shine without being sticky. Editor-in-chief Jessie Price has it in five different shades: "I love that it doesn't look like fussy lipstick. And since it's sheer you can just swipe it on and be done. No need to even look in the mirror." *($24, Fresh.com)*

Pureology Hydrate Shampoo & Conditioner Test Kitchen manager Breana Killeen's hair is always on point—even when it's up and out of the way while she's cooking. Her secret? Pureology's Hydrate line, which is sulfate- and paraben-free and protects color-treated hair from fading. "It doesn't strip my hair of its natural oils, and it leaves it feeling silky," she says. *($30 & $32, Pureology.com)*

Chanel Inimitable Waterproof Mascara Go ahead, go for a swim. Laugh so hard you cry. Unlike other mascaras—even other waterproof ones—that can flake or raccoon on you, this one Will. Not. Budge. "It almost stays in place *too* well," says nutrition and features editor Shaun Dreisbach. "And I like that it opens up your eyes without making your lashes look like they've been shellacked." *($32, Chanel.com)*

Calm, Cool & Uncluttered

We consulted Sarah Robertson of Studio Dearborn—who remade the Westchester County, New York, kitchen you see here—on how to whip any disorganized kitchen into shape for the new year. **By Lucy M. Clark**

Gain More Cabinet Space. In this kitchen, Robertson installed a full *wall* of cabinets, but you can skip a renovation and simply make your existing ones work harder for you. "Most people don't utilize the space they do have in their cabinets well," Robertson says. Her simple fix: add wire or mesh shelf risers to each cabinet to create a second level of storage. We like the SALT Cabinet Shelf in White, $7, *bedbathandbeyond.com.*

Pair Your Grocery List with Your Pantry. Robertson is all about organizational ease, and what better place to jot down your pantry needs than *in* your pantry? Here, she installed a magnetic white board on one of the doors for easy list-making (just snap a photo before you head to the store), but you could just as easily leave a notepad and pen to grab-and-go in yours.

Stash Like with Like. It will help make working in the kitchen as intuitive as possible. In this kitchen's island, Robertson designated one drawer just for cutting boards, another for knives and one solely for pans and lids, organized with custom angled drawer dividers. For a similar cookware system, we like the YouCopia StoreMore 16" Pan & Lid Rack, $30, *Target.com.*

Take Back Your Countertops. Making sure all appliances have spots to hide is the key solution to the common homeowner's complaint of insufficient counter space. You can also install a docking drawer, as Robertson did in this kitchen, with power outlets at the back for gadgets to charge off-counter.

Store Cooking Supplies in Arm's Reach. Robertson sprang into action when she learned the things the homeowner was using for cooking were not kept where they were easily accessible. Take 15 minutes to assess what you cook with on the daily (oils, S&P, etc.)—and make a plan to move these into the cabinets and drawers as close to your stove as possible. There, that's better.

ADAM KANE MACCHIA PHOTOGRAPHY, COURTESY SARAH ROBERTSON, AKBD, STUDIO DEARBORN; SOURCES: CABINETRY & OAK PANELING: STUDIO DEARBORN; FAUCETS/FITTINGS: BRIZO; DISHWASHER: BOSCH; LIGHTING: ROLL & HILL; WINDOWS: LEPAGE

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Serving up the Rail Candidate cocktail at the Round Robin Bar at the Willard InterContinental.

All the Presidents' Cocktails

Four iconic D.C. bars where you can get a great Rickey or Bloody Maryland with a side of POTUS history. **By Cari Shane**

In honor of the inauguration, we're celebrating spots where you can drink up history—whether it's by enjoying our capital's official cocktail or sipping Champagne at the bar where JFK proposed to Jackie. (Never mind that both the incoming and outgoing presidents are teetotalers—joining only a handful of commanders-in-chief who didn't drink.) According to Derek Brown, a D.C.-based mixologist and author of *Spirits, Water, Sugar, Bitters: How the Cocktail Conquered the World,* barhopping here can be as momentous as touring the museums and monuments.

Round Robin Bar at the Willard InterContinental
1401 Pennsylvania Avenue NW,
washington.intercontinental.com
The Willard has been a popular hang for generations of presidents. While you're there, Brown recommends chatting up Jim Hewes, who has presided over the namesake round, polished-mahogany bar for almost four decades—serving up cocktails to **Ford, Reagan** and both **Bushes.** The bar's "Presidential Cocktail Menu" includes both drinks enjoyed by presidents and those crafted to symbolize them, like the Rail Candidate (*shown above*) that's made with Templeton Rye whiskey, lemon, simple syrup, egg white and cinnamon, which honors **Lincoln** and his childhood years spent splitting wooden fences on the frontier.

Martin's Tavern
1264 Wisconsin Avenue NW,
martinstavern.com
With museum-style nameplates hanging over each booth to commemorate who sat where, this Georgetown spot is teeming with history. Booth #3 is where **Kennedy** proposed to Jackie. ("Hardly a week goes by that we don't have two or three proposals in that booth," says Martin's marketing director Chrissy Gardner.) To soak in—or sip up—the history here, consider ordering a Heineken, JFK's beer of choice at the tavern. In Booth #2, **Nixon** would sip on Bacardi and Coke, and in Booth #6, **Truman** ordered a "Bourbon Bottled in Bond," a Kentucky bourbon bottled under strict quality standards as created under the Bottled in Bond Act of 1897.

1331 Bar & Lounge
1331 Pennsylvania Avenue NW,
marriott.com
With a plaque out front to commemorate the birth of the Rickey, D.C.'s official cocktail (made with bourbon, lime juice and seltzer), the 1331 Lounge sits where the hottest bar of 19th-century Washington, Shoomaker's, stood for decades until Prohibition. "It was frequented by nearly every president of the age," explains Brown. The history behind that cocktail: Shoomaker's owner, Colonel Joe Rickey, a Democratic lobbyist, had a bourbon and soda each day at 10 a.m. One day, bartender George Williamson added lime to the drink, and it became known as the Joe Rickey. Ten years later, the drink was mixed with gin instead of bourbon and became a "national sensation," says Brown.

Old Ebbitt Grill
675 15th Street NW,
ebbitt.com
Billed as "the oldest saloon in Washington," Old Ebbitt opened in 1856 as a boardinghouse. Lore has it that President **McKinley** lived there during his Congressional tenure in the 1880s, while Presidents **Grant, Johnson, Cleveland, Harding** and **Roosevelt** used to tipple at its stand-around bar on the regular. The interior has a hunting-club vibe, with trophies on the walls that are said to have been shot by Roosevelt. Try Ebbitt's signature drink, the Bloody Maryland, a bloody mary topped with a jumbo shrimp and served in a glass rimmed with Old Bay, invented in nearby Baltimore.

STEVEN VOSS

> **"Your participation is enough if you're learning about issues in the Black community. I want people to learn about the issues in their backyard."**
>
> **—PAOLA VELEZ**
>
> *Co-founder, Bakers Against Racism*

Flour Power

This past June, D.C. pastry chefs held a virtual bake sale that sparked a global #BakersAgainstRacism movement and raised more than $1.8 million to fight injustice. **By Osayi Endolyn**

In the days following the May 25 police killing of George Floyd, the country—then the world—seemed to careen, as protests and uprisings erupted amid the coronavirus pandemic. For those who saw themselves, their loved ones and their communities in the urgent call for Black Lives Matter, the moment could be distilled to a single query: Are you in or are you out? For three professional Washington, D.C., chefs, being "in" meant raising more than $1.8 million through a global network of bakers to support organizations working toward racial justice.

Pastry chef Paola Velez, a 2020 James Beard Rising Star finalist, had been furloughed from her restaurant job since March. "Our industry was in shambles," Velez says. "I felt helpless." So she turned to her guiding light—her cultural identity. As an Afro Dominican, Velez uses ingredients from the African diaspora to better understand her heritage. "Through food I'm able to find my way back to Black," she says. Her explorations in the kitchen spill over into her experiences in the world too. After Floyd's death, the helplessness got worse, but Velez knew her work could help her create an impactful response.

She joined forces with friends Willa Pelini and Rob Rubba to create an online bake sale and recruit other chefs from across the country to get involved. Bakers Against Racism was born. Its mission was plain, if massive: "To see an end to racism, fascism and the unjust treatment of Black people in America." The trio developed a website with all the tools bakers needed to host their own BAR events, along with an Instagram account and hashtag so they could announce presales, which started on June 15, and spread the word. Contributors were asked to research and support organizations assisting Black lives and combating racism in their local communities and nationwide. After the bake sale on June 20, they were told to record their bake sale donations in a shared Google Doc and by posting a screenshot of their receipts online.

The hashtag #BakersAgainstRacism was a viral—and global—success. Not only did professional bakers want in, amateur home bakers did too. Within four hours of posting the invitation to participate, 200 people had signed up. By the end of this first event, thousands of people from states like Tennessee and Texas and from countries around the world, including Canada, Australia, India and parts of the Caribbean, took part. They made cookies, cakes and bars, creating what has been hailed as the world's largest bake sale. "I was taken aback at the generosity," says Velez.

While the money that BAR participants donated to racial justice organizations like their local Black Lives Matter chapters was staggering, Velez stresses that the amount was not the impetus: "The point was to collectively come together to raise funds as a group." And the blockbuster bake sale continues to inspire people to take up the mantle in their own neighborhoods. "Your participation is enough if you're learning about issues in the Black community," she says. "I want people to learn about the issues in their backyard."

COURTESY BAKERS AGAINST RACISM

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BRAND-NEW FORMAT

Table Talk with Andrew Zimmern

The chef, TV personality and host of *What's Eating America* and *Family Dinner* on his love of condiments, how he coaxes flavor out of foods and his goal to save the restaurant industry from COVID-19. **By Lucy M. Clark**

Finish this sentence: To me, cooking is ... sharing love.

What is always in your fridge? A fairly insane collection of condiments. That's constant. I have lemon preserves from Ravello in Italy, I have 25-year-old aged chili paste from Sichuan Province, I have fruit vinegars from obscure regions of France and Spain, I have 14 mustards from 10 countries, including a Russian mustard fortified with horseradish oil that is *insanely* delicious.

Wow, you must have a lot of fridge space. I have two fridges.

What's a kitchen tool or gadget that you can't live without, and why? My Chinese bamboo steamers. I have several, in different circumferences. They're inexpensive, they last forever and by cooking vertically—by stacking the baskets—I can steam 200 dumplings if I want, or 20 pounds of asparagus. It's such a versatile tool.

If you could have dinner with anyone, who would it be? My grandmother. She taught me at a very early age how to cook. She inspired me. Every time I'm in a kitchen, I think back to her kitchen on the Upper West Side of New York. I'd love to make her dinner.

You're a founding member of the Independent Restaurant Coalition—with chefs including José Andrés and Naomi Pomeroy. Tell us about that. About 30 of us founded the IRC back in March to help save the restaurant industry, which is the largest employer besides the U.S. government. [And of the 15 million restaurant workers, an estimated 2 out of 3 lost their jobs during the COVID-19 outbreak.] Right now, we are 100% focused on getting the Restaurants Act passed: a $120 billion relief plan.

We're all about balancing eating deliciously with being healthy. How do you walk that line? I've learned how to coax flavor out of food using technique and ingredients, rather than salt, fat and sugar. For example, I make a ginger-and-carrot vinaigrette; the cooked carrots help emulsify the dressing and add sweetness for a creamy consistency that fools everybody. It's so delicious you want to eat it on everything: salads, as a dip for crudités, on fish. It's one of those examples of a dish that is big on flavor and you only need a few tablespoons at a time.

Beer, wine, cocktail—other? I'll check other. Beer is one of the world's truly great inventions. Wine pairs so well with food. And the stories told through beer and wine and cocktails match up with so many of the types of storytelling I do with food—but I've also been sober for 28 years. I love making drinks for guests that challenge our notions about the role alcohol plays in our social interactions. At home, I make lots of blender slushies, and I adore IBC diet root beer and Spindrift seltzers.

Hover your phone's camera over this smart code to get Andrew Zimmern's Carrot-Ginger Vinaigrette recipe.

NATE RYAN; STYLING: BETSY NELSON

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DINNER TONIGHT

19 EASY HEALTHY RECIPES

LIGHT & BRIGHT

Crispy Rice Bowls with Fried Eggs PAGE 34

Photograph by Leigh Beisch

Styling by Dan Becker & Glenn Jenkins

Crispy Rice Bowls with Fried Eggs

ACTIVE: 25 min **TOTAL:** 25 min

We topped this bowl with avocado, carrot, radishes and spinach along with eggs, but whatever vegetables you prefer will be just as delicious.
(Photo: page 33.)

- **2 teaspoons toasted sesame oil, divided**
- **2½ cups cooked brown rice**
- **½ teaspoon salt plus a pinch, divided**
- **2 tablespoons grapeseed *or* canola oil, divided**
- **1 teaspoon grated fresh ginger**
- **1 11-ounce package baby spinach**
- **1 tablespoon lime juice**
- **4 large eggs**
- **1 ripe avocado, sliced**
- **1 cup julienned carrot**
- **4 radishes, thinly sliced**
- **2 scallions, thinly sliced**
- **4 teaspoons Sriracha**

1. Heat 1 teaspoon sesame oil in a large nonstick skillet over medium-high heat. Add rice and sprinkle with ¼ teaspoon salt; cook, stirring occasionally, until crispy, about 10 minutes. Divide among 4 shallow bowls.

2. Add the remaining 1 teaspoon sesame oil, 1 tablespoon grapeseed (or canola) oil and ginger to the pan. Add spinach, in batches, and cook, tossing, until wilted, 2 to 3 minutes. Stir in lime juice and ¼ teaspoon salt. Divide among the rice bowls.

3. Heat the remaining 1 tablespoon grapeseed (or canola) oil in the pan. Crack eggs into it and cook until the whites are set and the edges are crispy, about 3 minutes. Sprinkle with the remaining pinch of salt. Place an egg on each rice bowl. Top with avocado, carrot, radishes, scallions and Sriracha.

SERVES 4: 1 cup rice & vegetables and 1 egg each **Cal** 428 **Fat** 23g (sat 4g) **Chol** 186mg **Carbs** 45g **Total sugars** 4g (added 0g) **Protein** 13g **Fiber** 8g **Sodium** 627mg **Potassium** 572mg.

LIGHTLY FRY YOUR RICE IN A LITTLE SESAME OIL TO CRISP IT UP.

Photography by Jacob Fox

Styling by Lauren McAnelly & Sue Mitchell

RECIPE BY DEVON O'BRIEN

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A+ PIZZA

Topping your pie with squash brings a big vitamin A boost to this pizza—it provides 120% of your Daily Value per serving. The delicata contributes extra fiber, too, thanks in part to its edible skin.

Delicata, Rosemary & Blue Cheese Pizza

ACTIVE: 30 min **TOTAL:** 40 min

We make the oven a multitasker to get this pizza on the table fast. The crust bakes on the bottom rack while the vegetables roast. Once the pizza is assembled, a blast from the broiler crisps the edges and melts the cheese.

- **3 tablespoons extra-virgin olive oil, divided**
- **½ medium delicata squash, halved, seeded and sliced ¼ inch thick**
- **1½ cups chopped leek (about 1 medium)**
- **All-purpose flour for dusting**
- **1 pound whole-wheat pizza dough, at room temperature**
- **1 tablespoon chopped fresh rosemary *or* 1 teaspoon dried**
- **4 cloves garlic, sliced**
- **1 teaspoon fennel seeds**
- **¼ teaspoon crushed red pepper**
- **⅛ teaspoon salt**
- **1 cup arugula**
- **½ cup crumbled blue cheese**
- **Grated Parmesan cheese for serving**

1. Position racks in upper and lower thirds of oven. Place a large ovenproof skillet on the top rack. Preheat to 450°F.

2. Carefully remove the pan from the oven and add 1 tablespoon oil and squash; stir to combine. Roast the squash for 5 minutes. Add leek to the pan and stir. Roast until the squash is lightly browned and tender, 10 to 12 minutes more.

3. Meanwhile, lightly dust a large rimmed baking sheet with flour. Stretch dough to fit the entire pan and brush with 1 tablespoon oil. Bake on the lower rack until the bottom is lightly browned, about 10 minutes.

4. When both pans are out of the oven, set the broiler to high. Mix the remaining 1 tablespoon oil, rosemary, garlic, fennel seeds, crushed red pepper and salt in a small bowl. Spread the seasoned oil over the crust and top with the squash mixture, arugula and blue cheese. Broil the pizza on the top rack until the cheese starts to brown, 1 to 3 minutes. Let stand at room temperature for 5 minutes before cutting. Serve sprinkled with Parmesan, if desired.

SERVES 5: ⅕ pizza each

Cal 354 **Fat** 17g (sat 4g) **Chol** 10mg **Carbs** 45g **Total sugars** 4g (added 0g) **Protein** 10g **Fiber** 4g **Sodium** 461mg **Potassium** 249mg.

RECIPE BY BREANA KILLEEN

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Skillet-Roasted Chicken Legs with Citrus & Star Anise

ACTIVE: 20 min **TOTAL:** 40 min

Whole chicken legs make a beautiful presentation, but you can opt for drumsticks or chicken thighs—just watch the timing, as they'll be ready a little faster. Serve with bok choy and rice to soak up all the delicious sauce.

- **1 tablespoon canola *or* grapeseed oil**
- **1¾ pounds chicken legs**
- **½ teaspoon ground pepper**
- **4 scallions, thinly sliced, whites and greens separated**
- **3 cloves garlic, sliced**
- **1 teaspoon grated fresh ginger**
- **1 cup low-sodium chicken broth**
- **3 tablespoons reduced-sodium tamari *or* soy sauce**
- **2 whole star anise**
- **Juice from 1 orange, plus orange wedges for serving**
- **Juice from 1 lemon**
- **2 teaspoons cornstarch**
- **1 tablespoon water**

1. Preheat oven to 450°F.

2. Heat oil in a large ovenproof skillet over medium-high heat. Pat chicken dry and sprinkle with pepper. Add the chicken to the pan, skin-side down, and cook, flipping once, until golden brown on both sides, about 8 minutes total. Transfer to a clean plate. Pour off all but 1 tablespoon fat.

3. Add scallion whites, garlic and ginger to the pan. Cook, stirring, until fragrant, about 30 seconds. Add broth, tamari (or soy sauce), star anise, orange juice and lemon juice and cook, stirring and scraping up any browned bits, until it comes to a simmer. Return the chicken to the pan, skin-side up, and transfer to the oven.

4. Roast until an instant-read thermometer inserted in the thickest part of a leg without touching bone registers 165°F, 20 to 25 minutes.

5. Transfer the chicken to a clean plate. Discard the star anise. Place the pan over medium-high heat (careful, the handle will be hot) and bring the sauce to a simmer. Whisk cornstarch and water in a small bowl; slowly whisk into the sauce. Cook, stirring, until thickened, about 1 minute. Spoon the sauce over the chicken and top with scallion greens. Serve with orange wedges, if desired.

SERVES 4: 3 oz. chicken & ¼ cup sauce each
Cal 237 **Fat** 11g (sat 2g) **Chol** 114mg **Carbs** 9g **Total sugars** 3g (added 0g) **Protein** 25g **Fiber** 1g **Sodium** 635mg **Potassium** 421mg.

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Pancetta Pangrattato & Leek Pasta

ACTIVE: 35 min **TOTAL:** 35 min

Pangrattato is simply fresh breadcrumbs with herbs, garlic and salt sautéed in hot olive oil until crunchy. We add pancetta and chopped walnuts for even more richness.

- **8 ounces whole-wheat spaghetti**
- **3 ounces diced pancetta**
- **1 cup fresh whole-wheat breadcrumbs *(see Tip, right)***
- **¼ cup finely chopped walnuts**
- **2 teaspoons chopped fresh rosemary**
- **2 cloves garlic, minced, divided**
- **1 tablespoon extra-virgin olive oil**
- **3 cups thinly sliced leeks (about 2 medium)**
- **¼ cup dry white wine**
- **Pinch of crushed red pepper**
- **1 15-ounce can no-salt-added diced tomatoes**

1. Bring a large pot of water to a boil. Cook pasta according to package directions. Reserve ½ cup of the water, then drain the pasta and return to the pot. Cover to keep warm.

2. Meanwhile, cook pancetta in a large skillet over medium heat until browned and crispy, 3 to 6 minutes. Transfer to a paper-towel-lined plate with a slotted spoon.

3. Add breadcrumbs to the pan and cook, stirring often, until starting to brown, 1 to 3 minutes. Add walnuts and cook, stirring occasionally, until toasted, 2 to 5 minutes. Add rosemary and half the garlic and stir to combine. Cook until fragrant, 30 to 60 seconds. Transfer the mixture to a small bowl and stir in the pancetta.

4. Add oil to the pan and heat over medium-high heat. Add leeks and cook, stirring often, until just starting to brown, 3 to 6 minutes. Add the remaining garlic and cook until fragrant, 30 to 60 seconds. Stir in wine and crushed red pepper; cook until the wine is almost evaporated, 30 to 60 seconds. Stir in tomatoes and the reserved ½ cup pasta-cooking water. Bring to a simmer. Add the pasta and toss to coat with the sauce. Cook, tossing the pasta with tongs, until the sauce thickens, about 1 minute. Add ½ cup of the pancetta mixture and toss to combine. Serve topped with the remaining pancetta mixture.

SERVES 4: 1½ cups each
Cal 487 **Fat** 18g (sat 4g) **Chol** 15mg **Carbs** 66g **Total sugars** 7g (added 0g) **Protein** 17g **Fiber** 9g **Sodium** 438mg **Potassium** 318mg.

TIP: To make your own fresh breadcrumbs, trim crusts from whole-wheat bread. Tear the bread into pieces and pulse in a food processor until coarse crumbs form. One slice makes about ½ cup fresh breadcrumbs.

RECIPE BY ADAM DOLGE

Spiced Pork Chops & Parsnips with Apricot Agrodolce

ACTIVE: 35 min **TOTAL:** 45 min

This agrodolce (meaning sweet-and-sour in Italian) is sticky and tangy thanks to dried apricots, vinegar and honey. Thin-cut pork chops are great for a weeknight because they cook so fast. If you don't see any in the case at the store, ask your butcher to cut them for you.

- **2 teaspoons chili powder**
- **1 teaspoon ground cumin**
- **¾ teaspoon salt**
- **½ teaspoon ground cinnamon**
- **½ teaspoon ground pepper**
- **1¼ pounds thin-cut bone-in pork chops (½ inch thick), trimmed**
- **1 pound parsnips, peeled and thinly sliced**
- **2 tablespoons canola *or* grapeseed oil, divided**
- **1 cup chopped dried apricots, divided**
- **2 tablespoons cider vinegar**
- **2 teaspoons honey**
- **1 cup low-sodium chicken broth**
- **½ cup sliced almonds, toasted**
- **¼ cup chopped fresh parsley**

1. Preheat oven to 425°F.

2. Combine chili powder, cumin, salt, cinnamon and pepper in a small bowl. Pat pork chops dry and sprinkle with half the spice mixture. Toss parsnips in a medium bowl with 1 tablespoon oil and the remaining spice mixture. Combine ½ cup apricots, vinegar and honey in a small bowl; set aside.

3. Heat the remaining 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Add the pork and cook, flipping once, until browned on both sides, about 4 minutes total. Transfer to a clean plate.

4. Add the parsnips to the pan and cook, stirring occasionally, until starting to brown, 3 to 4 minutes. Add broth and the remaining ½ cup apricots and bring to a simmer. Place the pork on top and transfer the pan to the oven.

5. Roast until an instant-read thermometer inserted in the thickest part of a chop registers 145°F, about 5 minutes. Serve the pork and parsnips topped with the reserved apricot mixture, almonds and parsley.

SERVES 4: 3 oz. pork, ¾ cup parsnips & ¼ cup apricot mixture each

Cal 454 **Fat** 19g (sat 3g) **Chol** 63mg **Carbs** 48g **Total sugars** 26g (added 3g) **Protein** 26g **Fiber** 10g **Sodium** 552mg **Potassium** 1,258mg.

RECIPE BY ADAM DOLGE

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ISLAND FLAIR
Jamaican jerk seasoning, a mix of allspice and chile pepper—usually with other spices, such as cinnamon, onion powder and garlic powder—pairs nicely with the tropical salsa here. If your jerk seasoning doesn't have salt, sprinkle the chicken with a pinch of salt in Step 2.

Jerk-Spiced Chicken with Charred Pineapple Salsa

ACTIVE: 20 min TOTAL: 20 min

Jamaican jerk chicken is traditionally marinated at least overnight and then grilled low and slow for fall-apart tenderness. Here, we coat chicken in store-bought seasoning but cook it in a pan for a faster version. Searing pineapple caramelizes its natural sugars and releases some of its juices—making for a more flavorful salsa that plays beautifully with the seasoning on the chicken.

- 2 tablespoons canola ***or*** grapeseed oil divided
- 3 slices fresh pineapple (½ inch thick)
- 1 pound chicken cutlets
- 1½ teaspoons jerk seasoning blend ***(see Tip)***
- 2 tablespoons finely chopped fresh cilantro
- 2 tablespoons finely diced red onion
- 1 teaspoon finely diced jalapeño pepper seeded if desired
- 1 teaspoon grated lime zest
- 1 tablespoon lime juice
- teaspoon salt

1. Heat 1 tablespoon oil in a large skillet or grill pan over medium-high heat. Add pineapple and cook, flipping once, until charred on both sides, about 5 minutes. Transfer to a clean cutting board.

2. Sprinkle chicken with jerk seasoning. Reduce heat to medium and add the remaining 1 tablespoon oil to the pan. Add the chicken and cook, flipping once, until an instant-read thermometer inserted in the thickest part registers 165°F, 4 to 6 minutes. Transfer to the cutting board to rest.

3. Coarsely chop the pineapple. Combine with cilantro, onion, jalapeño, lime zest, lime juice and salt in a small bowl. Serve the chicken with the salsa.

SERVES 4: 3 oz. chicken & ¼ cup salsa each
Cal 217 Fat 9g (sat 1g) Chol 65mg Carbs 9g Total sugars 7g (added 0g) Protein 26g Fiber 1g Sodium 254mg Potassium 86mg.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY CAROLYN MALCOUN

Seared Snapper with Red Pepper Relish & Garlic Mayo

ACTIVE: 25 min **TOTAL:** 35 min

Pro fish tip: For perfectly crispy skin, cut a few slits into it so you can crank up the heat without the fillet curling up.

- **1 15-ounce can no-salt-added diced tomatoes, drained**
- **3 jarred roasted red bell peppers (about 8 ounces), chopped**
- **4 tablespoons extra-virgin olive oil, divided**
- **3 tablespoons chopped garlic plus 1 teaspoon, divided**
- **½ teaspoon ground coriander**
- **1 teaspoon granulated sugar**
- **½ teaspoon crushed red pepper**
- **¼ cup finely chopped parsley**
- **1½ teaspoons sherry vinegar, divided**
- **⅛ teaspoon salt plus ¼ teaspoon, divided**
- **¼ cup mayonnaise**
- **¼ teaspoon smoked paprika**
- **1¼ pounds skin-on snapper fillets**

1. Combine tomatoes and peppers in a food processor and pulse until finely chopped, about 3 times. Heat 2 tablespoons oil in a medium skillet over medium heat; add 3 tablespoons garlic and cook until fragrant and softened, about 3 minutes. Add coriander and cook for 30 seconds. Stir in the tomato mixture, sugar and crushed red pepper; continue cooking, stirring occasionally, until the mixture is dry, about 10 minutes. Remove from heat and stir in 1 tablespoon oil, parsley, 1 teaspoon vinegar and ⅛ teaspoon salt. Set aside.

2. Meanwhile, mix mayonnaise, paprika and the remaining 1 teaspoon garlic and ½ teaspoon vinegar in a small bowl; set aside.

3. Cut 2 slits in the skin side of each fillet. Pat dry with paper towels. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the fish, skin-side down, and gently press with a spatula until it stays flat. Reduce heat to medium and cook until the skin is browned and crisp, 6 to 7 minutes. Flip the fish and cook until it flakes easily with a fork, 1 to 2 minutes more. Season with the remaining ¼ teaspoon salt.

4. Divide the reserved red pepper relish among 4 plates. Top with a fish fillet and some of the reserved garlicky mayo.

SERVES 4: 4 oz. fish, scant ½ cup relish & 1 Tbsp. mayo each
Cal 436 **Fat** 28g (sat 4g) **Chol** 56mg **Carbs** 9g **Total sugars** 3g (added 1g) **Protein** 29g **Fiber** 3g **Sodium** 498mg **Potassium** 586mg.

PAIR IT

Serve this light fish dish with a glass of the floral **2017 Mezzacorona Pinot Grigio,** Trentino, Italy *($10)*.

STYLING, GREG LUNA (FOOD), SUE MITCHELL (PROPS). RECIPE BY LIZ MERVOSH

Spaghetti Squash Nests with Sausage, Mushrooms & Tomatoes

ACTIVE: 15 min **TOTAL:** 55 min

Cutting spaghetti squash into horizontal rings instead of in half lengthwise not only cuts down on cooking time, it also makes for a fun presentation.

- **1 large (2½- to 3-pound) spaghetti squash**
- **3 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon ground pepper, divided**
- **¼ teaspoon salt, divided**
- **1 cup sliced mushrooms**
- **1 cup halved cherry tomatoes**
- **2 links cooked Italian chicken sausage (about 6 ounces total), sliced**
- **4 teaspoons balsamic vinegar**
- **4 teaspoons grated Parmesan cheese**
- **4 teaspoons chopped fresh basil**

1. Preheat oven to 425°F.

2. Trim squash ends and cut the squash crosswise into 4 equal rounds. Scoop out the seeds and discard. Place the rounds on a rimmed baking sheet; drizzle with 2 tablespoons oil and sprinkle with ¼ teaspoon pepper and ⅛ teaspoon salt.

3. Combine mushrooms, tomatoes, sausage, the remaining 1 tablespoon oil, ¼ teaspoon pepper and ⅛ teaspoon salt in a medium bowl. Spread in an even layer around the squash.

4. Roast until the squash is tender, 30 to 40 minutes.

5. With a fork, shred the squash in the center of the rings into long strands. Divide the mushrooms, tomatoes and sausage among the squash nests. Drizzle with vinegar and sprinkle with Parmesan and basil.

SERVES 4: 1 nest each

Cal 260 **Fat** 16g (sat 3g) **Chol** 34mg **Carbs** 21g **Total sugars** 9g (added 0g) **Protein** 11g **Fiber** 4g **Sodium** 462mg **Potassium** 429mg.

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BLAINE MOATS; STYLING: KELSEY MOYLAN (FOOD), SUE MITCHELL (PROPS); RECIPE BY DEVON O'BRIEN

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Singapore Noodles

ACTIVE: 20 min **TOTAL:** 20 min

Enjoy this dish for Chinese New Year, February 12 this year. The long noodles symbolize a long life. The sweet-and-salty hard Chinese sausage, also called lap cheong, adds richness here. Look for it in Asian markets.

- **6 ounces thin rice noodles *or* rice sticks**
- **1 tablespoon Shaoxing rice wine *or* dry sherry**
- **1½ teaspoons reduced-sodium tamari *or* soy sauce**
- **1 teaspoon toasted sesame oil, plus more for serving**
- **½ teaspoon salt**
- **¼ teaspoon ground white pepper**
- **1 teaspoon canola oil plus 2 tablespoons, divided**
- **2 large eggs, lightly beaten**
- **8 ounces peeled and deveined raw shrimp (26-30 per pound)**
- **¼ cup thinly sliced Chinese sausage *or* ham (1 ounce)**
- **1 14-ounce package tri-color coleslaw mix**
- **1 cup thinly sliced onion**
- **1 tablespoon curry powder**
- **Sliced scallions for garnish**

1. Bring a medium saucepan of water to a boil. Add rice noodles (or rice sticks) and remove from heat. Let stand for 5 minutes. Drain in a colander and rinse with cold water. Set the colander on top of the saucepan and place near the stove.

2. Combine Shaoxing (or sherry), tamari (or soy sauce), sesame oil, salt and pepper in a small bowl. Place near the stove.

3. Heat 1 teaspoon canola oil in a large flat-bottomed carbon-steel wok or large cast-iron skillet over high heat. Add eggs and cook, undisturbed, until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds. Transfer to a cutting board and cut into thin strips.

4. Add 1 tablespoon canola oil, shrimp and sausage (or ham) to the pan. Cook, stirring, for 30 seconds. Add the remaining 1 tablespoon canola oil, coleslaw mix and onion; cook, stirring, until softened, 1 to 2 minutes. Sprinkle with curry powder and stir for 10 seconds. Add the noodles, egg strips and sauce mixture. Cook, stirring, until hot, 1 to 2 minutes more. Serve sprinkled with scallions and more sesame oil, if desired.

SERVES 4: 1⅔ cups each

Cal 358 **Fat** 14g (sat 2g) **Chol** 169mg **Carbs** 41g **Total sugars** 3g (added 0g) **Protein** 17g **Fiber** 3g **Sodium** 884mg **Potassium** 189mg.

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RECIPE BY BREANA KILLEEN

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Creamy Chicken Marsala with Prosciutto

ACTIVE: 20 min **TOTAL:** 20 min

A bit of prosciutto adds savory flavor to this sauce. Serve with whole-wheat angel hair pasta.

- 1 pound chicken cutlets, trimmed
- ½ teaspoon ground pepper, divided
- ¼ teaspoon salt, divided
- ¼ cup white whole-wheat flour
- 2 tablespoons extra-virgin olive oil, divided
- 2 ounces prosciutto, chopped (½ cup)
- 8 ounces sliced cremini mushrooms
- ¼ cup minced shallots
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- ½ cup low-sodium chicken broth
- ½ cup heavy cream
- ½ cup Marsala wine
- Chopped fresh parsley for garnish

1. Season chicken with ¼ teaspoon pepper and ⅛ teaspoon salt. Place flour in a shallow dish and dredge the chicken in it, pressing gently to help it adhere. Discard any excess flour.

2. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook, flipping once, until lightly browned, 2 to 3 minutes per side. Transfer to a plate.

3. Add prosciutto to the pan and cook, scraping up any browned bits, for 30 seconds. Add the remaining 1 tablespoon oil and mushrooms; cook, stirring occasionally, until tender, about 4 minutes. Stir in shallots, garlic, thyme and the remaining ¼ teaspoon pepper and ⅛ teaspoon salt; cook, stirring often, until the shallot is translucent, about 1 minute. Stir in broth, cream and Marsala, scraping up any browned bits. Cook until slightly reduced, about 2 minutes.

4. Return the chicken and any accumulated juices to the pan. Cook, flipping the cutlets occasionally, until hot, 1 to 2 minutes. Serve sprinkled with parsley, if desired.

SERVES 4: 3 oz. chicken & ½ cup sauce each
Cal 396 **Fat** 21g (sat 8g) **Chol** 111mg **Carbs** 11g **Total sugars** 5g (added 0g) **Protein** 34g **Fiber** 1g **Sodium** 475mg **Potassium** 381mg.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY BREANA KILLEEN

Creamy Queso Chili

ACTIVE: 25 min **TOTAL:** 40 min
TO MAKE AHEAD: Prepare through Step 1; refrigerate for up to 3 days or freeze for up to 3 months. Reheat before continuing.
EQUIPMENT: Electric pressure cooker
This mashup of the classic cheesy dip chile con queso with the beans and vegetables of a chili is the best of both worlds.

- 1 tablespoon extra-virgin olive oil
- 1 large bell pepper, chopped
- ½ large onion, diced
- 2 cloves garlic, chopped
- 1½ teaspoons chili powder
- ½ teaspoon ground cumin
- 1 15-ounce can no-salt-added pinto beans, rinsed
- 1 15-ounce can no-salt-added diced tomatoes with green chiles
- 1 cup low-sodium no-chicken *or* vegetable broth
- ½ teaspoon salt
- 1 cup shredded Mexican-style cheese blend
- 2 ounces reduced-fat cream cheese, cubed
- 1 tablespoon lime juice, plus wedges for serving
- Tortilla chips & chopped fresh cilantro for garnish

1. Heat oil in an electric pressure cooker set to Sauté mode. Add bell pepper, onion and garlic; cook, stirring occasionally, until softened, about 3 minutes. Add chili powder and cumin; cook, stirring, until fragrant, about 1 minute. Stir in beans, tomatoes, broth and salt. Close and lock the lid. Cook on high pressure for 10 minutes. Carefully release the pressure manually.
2. Mix shredded cheese and cream cheese into the chili, stirring until melted and smooth. Stir in lime juice. Top with tortilla chips and cilantro and serve with lime wedges, if desired.
SERVES 4: 1½ cups each
Cal 304 **Fat** 15g (sat 7g) **Chol** 37mg **Carbs** 26g **Total sugars** 6g (added 0g) **Protein** 15g **Fiber** 8g **Sodium** 601mg **Potassium** 697mg.

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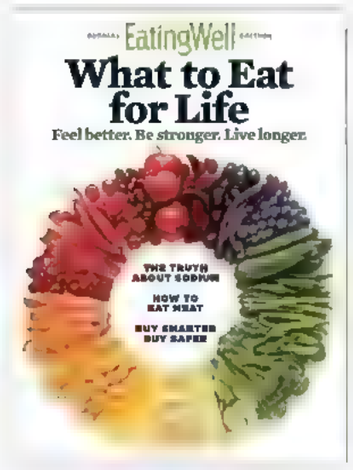
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A New Flame

Teach your kids how to use your oven's powerful broiler effectively—and safely—with these tips.
By Joy Howard

Heat Things Up Your oven's broiler provides direct, intense heat—similar to a grill. It's the easiest and quickest way to make roasted red bell peppers. Plus it melts the cheese on these tuna melts in a jiff.

Rack Placement Where you put the rack is key: you want it to be close enough to take advantage of the heat without burning your food. Position your rack about 6 inches away from the broiler—in most ovens, that's the upper third.

Watch What's Happening While you want the peppers to get charred for the best flavor (don't worry, you'll peel off the skin), when you melt the cheese on the sandwiches, things can go from golden and bubbly to burnt disaster in just a few seconds.

JOY SAYS:

Let your kids take charge of the tuna salad and have a small taste once it's prepared. They can make seasoning adjustments to their liking and truly make this recipe their own.

JOE ST PIERRE

Tuna Melts with Roasted Bell Peppers

ACTIVE: 20 min **TOTAL:** 40 min

Making your own roasted red peppers is so simple, plus it cuts down on the sodium compared to jarred peppers—giving you more room to add other flavorful ingredients, like mustard, without making the dish too salty.

- **2 large red bell peppers, halved and seeded**
- **2 5-ounce cans oil-packed light tuna, drained**
- **¾ cup chopped celery**
- **¼ cup mayonnaise**
- **3 tablespoons minced fresh dill**
- **2 tablespoons minced shallot**
- **1 tablespoon Dijon mustard**
- **⅛ teaspoon ground pepper**
- **4 whole-wheat English muffins, split and toasted**
- **4 slices Swiss *or* provolone cheese (4 ounces total), halved**

1. Position rack in upper third of oven; heat broiler to high. Line a baking sheet with foil; place bell pepper halves on it, skin-side up. Broil until the skin is nicely charred, about 15 minutes. Transfer to a large bowl, cover tightly with plastic wrap and let steam for 10 minutes.

2. KIDS DO Meanwhile, stir tuna, celery, mayonnaise, dill, shallot, mustard and pepper in a medium bowl. Arrange English muffins, cut-side up, on the foil-lined pan. Divide the tuna salad evenly among them.

3. KIDS HELP Peel the peppers and slice into ¼-inch-thick strips. Divide the strips among the sandwiches and top each with a slice of cheese (tear it into smaller pieces if it hangs over the edge). Broil until the cheese begins to turn golden and bubbly, 2 to 3 minutes.

SERVES 4: 2 sandwich halves each

Cal 493 **Fat** 26g (sat 8g) **Chol** 42mg **Carbs** 35g **Total sugars** 10g (added 0g) **Protein** 32g **Fiber** 7g **Sodium** 691mg **Potassium** 596mg.

Ginger-&-Miso-Glazed Broccoli

ACTIVE: 20 min TOTAL: 20 min

A touch of maple or honey balances the flavor of umami-laden miso while thickening the sauce to coat this stir-fried broccoli.

- 2 tablespoons white miso
- 1 tablespoon grated fresh ginger
- 1 teaspoon pure maple syrup ***or*** honey
- 1 teaspoon toasted sesame oil
- ½ teaspoon reduced-sodium tamari ***or*** soy sauce
- ½ teaspoon rice vinegar
- Pinch of white pepper
- 2 tablespoons peanut ***or*** canola oil
- 8 cups broccoli florets
- 3 tablespoons water
- 2 teaspoons sesame seeds toasted
- 1 scallion sliced

1. Whisk miso ginger maple syrup (or honey) sesame oil tamari (or soy sauce) vinegar and white pepper in a small bowl. Place near the stove.

2. Heat peanut (or canola) oil in a flat-bottomed wok or large skillet over high heat. Add broccoli and cook stirring occasionally until starting to brown about 2 minutes. Add water and cover. Cook until the broccoli is tender 2 to 3 minutes. Add the miso mixture and toss to coat the broccoli. Serve topped with sesame seeds and scallion.

SERVES 4: 1 cup each

Cal 141 Fat 9g (sat 1g) Chol 0mg Carbs 12g Total sugars 3g (added 1g) Protein 5g Fiber 4g Sodium 339mg Potassium 489mg.

Shaved Root Vegetable Salad with Pistachios

ACTIVE: 10 min TOTAL: 20 min

This centerpiece-worthy salad calls for buying up the most colorful roots in the produce section. We like using a rainbow of beets and carrots for the most stunning presentation.

- ½ teaspoon grated orange zest
- 2 tablespoons orange juice
- 2 tablespoons champagne vinegar
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon honey
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 pound beets ***and/or*** carrots peeled
- ¼ cup crumbled goat cheese

¼ cup chopped toasted pistachios
¼ cup chopped fresh mint

1. Whisk orange zest, orange juice, vinegar, oil, honey, salt and pepper in a large bowl.
2. Using a vegetable peeler, thinly slice vegetables into ribbons. Add to the bowl and toss with the dressing. Let stand for 10 minutes.
3. Arrange the vegetables on a platter and drizzle with any dressing remaining in the bowl. Top with goat cheese, pistachios and mint.

SERVES 6: ⅔ cup each
Cal 122 **Fat** 8g (sat 2g) **Chol** 2mg **Carbs** 10g **Total sugars** 6g (added 0g) **Protein** 3g **Fiber** 3g **Sodium** 276mg **Potassium** 328mg.

RECIPES BY BREANA KILLEEN, DEVON O'BRIEN

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Marcus Samuelsson and **Osayi Endolyn's** new book, *The Rise*, spotlights the Black cooks, historians, purveyors and growers who have influenced American cuisine. Each recipe was inspired by one of more than 40 key Black figures in American foodways. This kofta recipe, for example, was developed in honor of Cheryl Day, baker-owner of Back in the Day Bakery in Savannah, Georgia, to give her a quick, casual recipe for dinner after a long day at work.

Chicken Kofta with Yogurt Sauce

ACTIVE: 35 min **TOTAL:** 35 min

EQUIPMENT: 4 metal skewers

Tuck these kofta into flatbread along with some fresh veggies topped with the flavorful sauce.

- **1 pound ground chicken**
- **½ medium onion, grated**
- **4 tablespoons chopped fresh cilantro, divided**
- **2 tablespoons chopped fresh mint**
- **1 tablespoon canola oil**
- **½ teaspoon salt plus ⅛ teaspoon, divided**
- **½ teaspoon ground pepper, divided**
- **½ teaspoon ground coriander, divided**
- **¼ teaspoon ground cumin**
- **¼ teaspoon Aleppo pepper**
- **Pinch of ground allspice**
- **Pinch of ground cinnamon**
- **½ cup whole-milk plain yogurt**
- **1 teaspoon grated orange zest**
- **1 tablespoon orange juice**

1. Combine chicken, onion, 2 tablespoons cilantro, mint, oil, ½ teaspoon salt, ¼ teaspoon pepper, ¼ teaspoon coriander, cumin, Aleppo pepper, allspice and cinnamon in a large bowl. Cover and refrigerate for at least 10 minutes and up to overnight.

2. Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.

3. With damp hands, form about 3 tablespoons of the chicken mixture into an oval around a metal skewer. Add a second oval with another 3 tablespoons of the mixture on the same skewer. Repeat with the remaining chicken mixture to make 4 skewers with 2 kofta each. Place them on the prepared pan.

4. Broil the kofta, flipping once, until browned and an instant-read thermometer inserted in the center registers 165°F, 8 to 12 minutes.

5. Meanwhile, whisk yogurt, orange zest and juice in a small bowl with the remaining 2 tablespoons cilantro, ⅛ teaspoon salt and ¼ teaspoon each pepper and coriander. Serve the sauce with the kofta.

SERVES 4: 2 kofta & 3 Tbsp. sauce each

Cal 227 **Fat** 14g (sat 4g) **Chol** 102mg **Carbs** 4g **Total sugars** 3g (added 0g) **Protein** 22g **Fiber** 1g **Sodium** 459mg **Potassium** 647mg.

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EASY PREP

To keep cleanup time as quick as possible, line the sheet pans with Reynolds Wrap® foil before you roast these meatballs.

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Italian Meatballs

ACTIVE: 20 min **TOTAL:** 35 min

TO MAKE AHEAD: Freeze cooked and cooled meatballs in a single layer on a baking sheet, then transfer to an airtight container. Freeze for up to 3 months. Reheat from frozen in a 350°F oven for about 25 minutes.

This foolproof meatball recipe makes enough to stash away for another day. They're great to have on hand for easy dinners, but also make good impromptu appetizers.

- **3 large eggs, lightly beaten**
- **1 cup finely chopped onion**
- **¾ cup panko breadcrumbs, preferably whole-wheat**
- **¾ cup chopped fresh parsley**
- **½ cup grated Parmesan cheese**
- **3 large cloves garlic, minced**
- **1 tablespoon Italian seasoning**
- **1½ teaspoons salt**
- **1 teaspoon ground pepper**
- **1½ pounds lean ground beef**
- **1½ pounds ground pork**

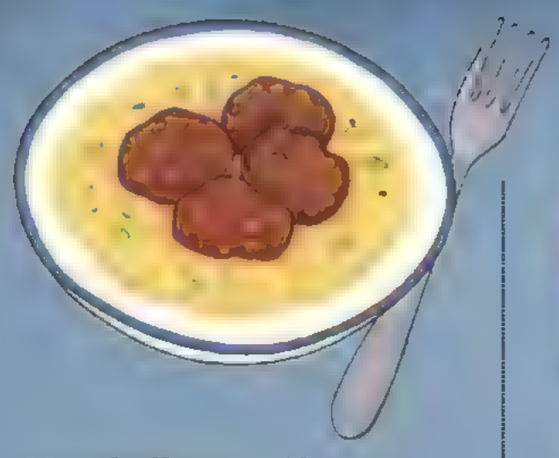
1. Position racks in upper and lower thirds of oven; preheat to 450°F. Line 2 large rimmed baking sheets with foil and coat with cooking spray.

2. Combine eggs, onion, panko, parsley, Parmesan, garlic, Italian seasoning, salt and pepper in a large bowl. Add beef and pork. Mix gently with your hands until just combined (do not overmix). Using a generous 2 tablespoons each, shape into 48 meatballs. Place 1 inch apart on the prepared baking sheets.

3. Bake the meatballs until an instant-read thermometer inserted in the center registers 165°F, about 15 minutes.

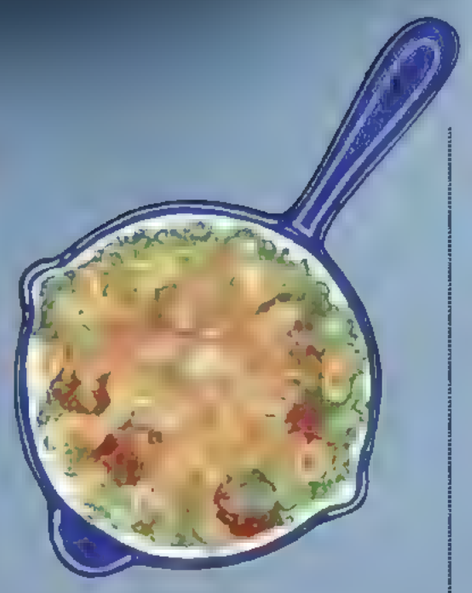
SERVES 12: about 4 meatballs each

Cal 216 **Fat** 10g (sat 4g) **Chol** 118mg **Carbs** 6g **Total sugars** 1g (added 0g) **Protein** 26g **Fiber** 1g **Sodium** 450mg **Potassium** 313mg.



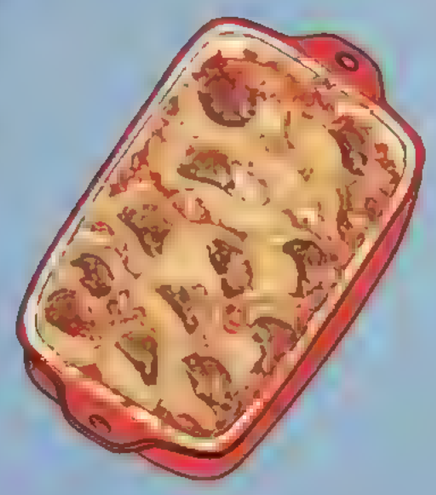
Meatballs over Cheesy Polenta: Bring 4 cups **water** to a boil in a medium sauce-pan over high heat. Slowly whisk in 1 cup **cornmeal** and reduce heat to maintain a simmer. Cook, stirring occasionally, until the polenta is thickened and tender, about 20 minutes. Remove from heat. Stir in 1¼ cups shredded **sharp Cheddar cheese,** 4 sliced **scallions,** 1 Tbsp. **butter** and ¼ tsp. each **salt** and **pepper.** Serve 16 hot **meatballs** over the polenta.

SERVES 4



Meatball Pesto & Gnocchi Bake: Cook 1 lb. **gnocchi** in 1 Tbsp. **olive oil** in a large broiler-safe skillet over medium heat until starting to brown, about 5 minutes. Add 18 **meatballs** and ⅓ cup each **pesto, ricotta** and **water;** stir until well-coated. Spread the mixture into an even layer and top with ¼ cup grated **Parmesan cheese** and 3 Tbsp. **breadcrumbs.** Broil on high until golden brown, 1 to 2 minutes.

SERVES 6



Meatball Stuffed Shells: Cook 18 **jumbo pasta shells** in boiling water. Whisk 1 cup **ricotta,** ¼ cup grated **Parmesan cheese,** 1 large **egg** and a pinch each of **salt** and **pepper** in a bowl. Spread 1 cup **marinara sauce** in a 9-by-13-inch baking dish. Stuff 1 of 18 **meatballs** and 1 Tbsp. of the ricotta mixture into each shell; arrange in the baking dish, open-side up. Top with 1 cup sauce and ¼ cup Parmesan. Cover with foil. Bake at 375°F until the sauce is bubbly, about 30 minutes. Uncover; bake for 10 minutes more.

SERVES 6

ILLUSTRATIONS BY EMMA DIBBEN; RECIPES BY HILARY MEYER

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GIVE YOURSELF A BREAK

We know you have a box in your pantry, so why not throw in a couple of extras to turn that instant mac and cheese into an inspired meal?

Photos by Ted & Chelsea Cavanaugh
Styling by Nora Singley

Beyond the Box

Consider that instant mac & cheese you can make in your sleep a blank slate for endless meal possibilities. Add a little protein, pile on the veggies or stir in some seasonings with these ideas. (Each serves 4.) **By Simone M. Scully**

1 Sweet & Spicy Mac
Toss 1 diced small **sweet potato** and 1 chopped **apple** with 2 Tbsp. **olive oil** and ¼ tsp. each **cinnamon** and **cumin.** Roast at 400°F until tender and browned, about 15 minutes. Stir into a prepared box of mac and cheese along with 1 cup rinsed canned **black beans.**

Butternut Squash Mac & Cheese
Toss 2 cups cubed **butternut squash** with 2 Tbsp. **olive oil**. Roast at 400°F until tender, 25 to 35 minutes. Sauté 2 Tbsp. chopped fresh **sage** in 1 Tbsp. **butter** until crisp, about 30 seconds. Stir the sage and squash into a prepared box of mac and cheese.

Brussels & Bacon Mac & Cheese
Toss 8 oz. sliced **Brussels sprouts** with 2 Tbsp. **olive oil,** 1 clove chopped **garlic** and a pinch each of **salt** and **pepper.** Roast at 400°F until crispy, about 20 minutes. Stir into a prepared box of mac and cheese; sprinkle with ¼ cup crumbled cooked **bacon.**

Green Mac & Cheese
Sauté 1 clove chopped **garlic,** 2 cups each **broccoli florets** and chopped **kale** and 1 cup chopped **baby spinach** in 2 Tbsp. **olive oil** until softened. Stir into a prepared box of mac and cheese and season with **pepper.**

Spicy Baked Mac
Mix ¼ tsp. each **cayenne** and **paprika** and your favorite **hot sauce** to taste into a prepared box of mac and cheese; spoon into a baking dish. Top with ¾ cup **panko breadcrumbs** and ¼ cup grated **Parmesan cheese.** Bake at 350°F until browned, 5 to 8 minutes.

NUTRITION INFO: page 107

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One-Pan Wonder

Our trick for making a big batch of eggs? Get out your trusty sheet pan. With this simple formula, you can easily cook eggs for the whole family, plus some to save for a future meals. Refrigerate or freeze these frittata-like slices and enjoy as is or turn them into breakfast sandwiches.

THE FORMULA

Whisk 18 large **eggs** with ¼ cup reduced-fat **milk** and ½ tsp. each **salt** and **pepper**.

Generously coat a large rimmed baking sheet with **cooking spray**. Pour the egg mixture into the pan and sprinkle with 1½ cups sliced or diced **vegetables** *(see below)*, ¾ cup each crumbled or shredded **cheese** and **cooked protein** and 1 Tbsp. **seasonings**.

Bake at 350°F until just set, 20 to 25 minutes. Cut into 9 pieces and enjoy right away, or wrap each piece in plastic wrap or layer between parchment paper in a sealed container. Refrigerate for up to 3 days or freeze for up to 3 months. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.

MAKES: 9 servings

VEGETABLES
- Broccoli
- Cauliflower
- Tomatoes
- Roasted red peppers
- Bell peppers
- Dark leafy greens
- Onions
- Mushrooms

CHEESE
- Cheddar
- Provolone
- Gruyère
- Muenster
- Mozzarella
- Feta
- Goat cheese

PROTEIN
- Sausage
- Ham
- Bacon
- Tofu
- Beans
- Tempeh
- Smoked fish

SEASONINGS
- Pickled jalapeños
- Pesto
- Salsa
- Herbs
- Spices
- Olives
- Sun-dried tomatoes
- Capers

OUR FAVORITE TOPPING COMBOS:

1. Cauliflower + Onion + Cheddar + Smoky Tempeh + Cilantro
2. Red Onion + Spinach + Goat Cheese + Smoked Salmon + Capers
3. Mushrooms + Broccoli + Gruyère + Ham + Chives
4. Roasted Red Peppers + Kale + Feta + Bacon + Za'atar
5. Cherry Tomatoes + Mozzarella + Chicken Sausage + Pesto

NUTRITION INFO: page 107

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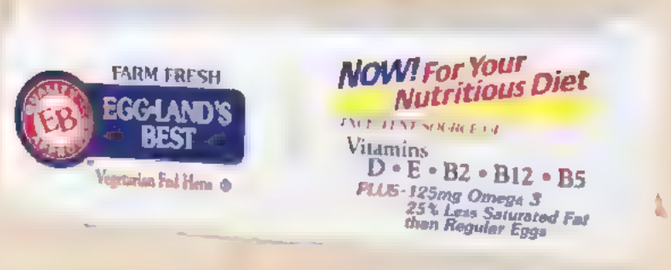

*Compared to ordinary eggs

Freezer Pleasers

These frozen snacks are far better than any old chicken strip or pizza roll. Plus, they're good enough to serve as appetizers on game day, but easy enough to munch on anytime. **By Karen Ansel, M.S., R.D.N.**

Deep Indian Kitchen Potato & Pea Samosas
190 cal, 3g fiber, 380mg sodium
Say hello to the complex flavors of green chile- and coriander-spiced samosas without hours of prep work. These flaky pockets come with spicy tamarind mint chutney for dunking.

Green Giant Veggie Fries Cauliflower Ranch with Bacon
170 cal, 2g fiber, 320mg sodium
Crispy on the outside and oh-so-tender on the inside, these stand-ins for classic potato fries have the same texture, but with a welcome hit of flavor from bacon bits and ranch seasoning.

Brazi Bites Brazilian Cheese Bread 3 Cheese Pizza
130 cal, 0g fiber, 250mg sodium
Parmesan, mozzarella and Cheddar cheese combined with Italian spices are packed in a chewy little bite. Made with tapioca flour, they're gluten-free to boot.

Bell & Evans Buffalo Seasoned Chicken Meatballs
190 cal, 1g fiber, 320mg sodium
All the Buffalo flavor of wings in a neat little bite and with nearly 30% more protein (18 grams per 3 pieces) to keep you satisfied.

Dr. Praeger's Perfect Sliders
310 cal, 9g fiber, 550mg sodium
Made from a mix of pea protein, carrots, butternut squash, beets and sweet potatoes, this mini meal makes it easy to work some veg into your appetizer spread. The whole-wheat buns mean you'll score healthy whole grains too.

Tyson Any'tizers Wings Honey BBQ Seasoned
190 cal, 0g fiber, 390mg sodium
Get the goodness of wings without the work. We love this sticky, sweet chicken because it's lower in sodium than others in this line. But if you can't find them, try the crunchier boneless version instead.

INSETS: CARSON DOWNING

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THE MAN WHO TRIED EVERY DIET

WHOLE 30

START

30 DAYS

DRANK A BEER BACK TO START

LOSE FIVE POUNDS!

SELTZER

GAIN IT ALL BACK!

MASTER CLEANSE

OOPS! SLIPPED OFF DIET! BACK TO START

PALEO

EXERCISED! ADVANCE 5

ATE A CARB! GO BACK 5

KETO

oil

MILK

W.W.

CHIPS

DIET PLAN

TOO MANY POINTS BACK 5

FED UP! SKIP TO FINISH

olio

ORDERED PIZZA BACK TO START!

GAIN 5 POUNDS BACK TO START

WILD CARD: ATE OUT

MEDITE

ILLUSTRATIONS BY
GEMMA CORRELL

Writer **BARRY ESTABROOK,** author of the upcoming book *Just Eat,* spent three years on plans from keto to Weight Watchers, dug into the bizarro history of diets (smoke Lucky Strikes?!) and consulted countless weight-loss experts. Here's what he learned about what actually helps the pounds come off and stay off.

My doctor delivered the bad news at the end of a routine physical several years ago. My blood pressure and cholesterol levels were dangerously elevated, even with maximum doses of medications. All signs suggested that, having entered my 60s, I was headed down the path taken by too many men in my family. One of my grandfathers died young from cardiac disease. My father suffered the first of two heart attacks at age 58 and eventually died of a stroke at 70. At 64, my brother passed away from a massive heart attack. With more meds out of the question, I only had one option: lose weight—at least 40 pounds.

I had fattened up gradually. Being a bit (eventually quite a bit) overweight didn't bother me. I was strong and active, and there was always one fatter guy around. But lately I had noticed that hiking, cycling and cross-country skiing, all of which I loved, were becoming harder and less enjoyable. The lumpy guy who looked back at me from the mirror no longer fit the image I had of myself. My first grandchild had recently arrived, which gave me another truly important reason to want to stick around. And I'll admit, there was an element of vanity. I decided to do something I had avoided for my entire life: I went on a diet.

Down the Diet Rabbit Hole

I knew the odds were stacked against me. In 2007, Traci Mann, Ph.D., a psychologist who researches eating behaviors at the University of Minnesota, analyzed more than 30 weight-loss studies—still the most comprehensive review of research on diets to date. Typically, participants dropped between 5% and 10% of their body weight. But only temporarily. Within two years, 4 out of 5 participants weighed more than they did initially. There are many reasons for the dismal success rate. Willpower flags. You go back to your old eating habits and the pounds pile back on. And it seems like your body does everything it can to make you fail. A study published in the *New England Journal of Medicine* found that dieters had reduced levels of leptin, a hormone that makes you feel full, and increased levels of the hormone ghrelin,

which makes you hungry—with the altered levels persisting even a year after they'd completed their weight loss. Still, I was determined to find a way to get rid of those extra pounds and keep them off.

My first attempt was a disaster. I decided to go on the Whole30, which I picked for precisely the wrong reason (although it's probably the same reason most people choose a diet): At the time, it was the fad du jour. It seemed like half the people I knew were on it. Whole30 is based on tough love taken to an extreme. For 30 days, I was to avoid a long list of foods, including virtually all dairy products, grains (even whole ones), legumes, alcohol and sugar or calorie-free sweeteners. Eliminate was the operative principle. If I consumed even a minuscule amount of a forbidden item at any time during those 30 days—a nibble of cheese, a sip of pinot noir, a forkful of pasta—I would have to start all over again at Day 1. The program is a variation on the popular paleo diets, based on the theory that we modern humans would be thinner and healthier if only we ate what our Stone Age forebears had evolved to eat before the invention of agriculture: plenty of meat, lots of vegetables and little else.

I did survive my 30 days of deprivation, and when I stepped on the scale—something Whole30 had forbidden me to do while I was on the diet—I found that I had lost 13 pounds. I was more than a quarter of the way toward achieving my goal.

Then I promptly gained it all back.

So I decided to apply my reporter's skills to my campaign to lose weight. I would read research papers and consult with doctors, nutritionists and other experts to find out what was happening to me and why—and what I should do. No more latching on to the latest fad. My journey became the basis of a book.

It turns out that my stint as a Whole30er could have had more serious consequences than regaining those lost pounds. Laura Kerns, R.D., a senior clinical dietitian at Ochsner Health in New Orleans, explained that eliminating grains and dairy products drastically reduced my intake of the B vitamins thiamin, riboflavin, folate and niacin, particularly troubling because niacin levels can affect blood pressure. I was also missing out on fiber and the reduced risk of heart disease, diabetes and obesity that is linked to eating plenty of it.

Moreover, far from being a no-no, weighing yourself can actually be helpful. A study published in the *Journal of Obesity* is one of many showing that dieters who frequently step on the scale lose more weight than those who avoid it. Nor are "slips" reason for self-loathing. According to the Centers for Disease Control and Prevention, 99.9% of dieters experience lapses, and as long as you don't allow yourself to become discouraged, those setbacks can be valuable learning experiences that lead to success. Little wonder that *U.S. News & World Report* ranked Whole30 near the bottom of the more than three dozen diets it evaluated for their efficacy and healthfulness.

Deprivation through the Ages

In flunking my first diet, though, I had plenty of company. For more than two centuries, Americans have been suckers for an assortment of crooks, crackpots and quacks promising quick and easy weight loss. Many of the schemes foisted on our nation by gonzo-diet promoters seem almost humorous—if not flat-out reckless—today. In the late 1800s, Horace Fletcher, a San Francisco businessman, hit upon the notion that protracted chewing of every bite of food would not only make adherents healthier, but would actually eliminate slums and crime. Fletcher decreed that every morsel must be chewed at a rate of 100 times a minute and swallowed only after it was liquefied and devoid of taste. This prevented "putrid decomposition" in the stomach and rendered feces no more odorous than a hot biscuit. He carried samples of his own excrement to prove that point. Under the slogan "Nature will castigate those who don't masticate," Fletcherism became an international phenomenon, adopted by luminaries like John D. Rockefeller, Thomas Edison and Franz Kafka. Socialites held Fletcher luncheons, where they timed their chews with stopwatches. One U.S. senator suggested that all American schoolchildren be taught Fletcherism.

The Great Masticator had ample off-the-wall competition in the 19th century. While treating Civil War soldiers on battlefields, J.H. Salisbury, M.D., claimed to have discovered

that a meat-only diet was the secret to a long, healthy life. A day's menu included 3 pounds of rump steak and a pound of codfish. Vegetables were forbidden, since Salisbury believed they caused heart disease, tumors and other "grave disturbances." His name survives in the Salisbury steaks made famous in 1950s-era frozen TV dinners. James Raymond Devereux, a New Zealander, took the opposite approach in his grandiosely titled book *Eating to Banish Disease and to Save Civilisation*. Meat was off the table. The first meal of the day had to be all vegetables. The second all fruit. The third all nuts. And New York physician William Hay, M.D., insisted that the only way to stay slim was never to eat protein and carbohydrates in the same meal.

In the 1920s, the Hollywood Diet swept the nation, as actors slimmed down by eating grapefruit and not much else. (Writing in his wise, ominously titled 1935 book, *Diet and Die*, Carl Malmberg, who'd go on to be chief investigator for the U.S. Senate Subcommittee on Health and Education, observed that "there are no figures to show how many people literally killed themselves or became seriously ill by following the popular starvation diet, but it is certain that the toll was heavy.") John Harvey Kellogg, M.D., brother of the founder of the eponymous cereal company, reportedly fed patients with high blood pressure nothing but grapes—up to 14 pounds of them a day.

The cabbage soup diet became all the rage despite having the unfortunate side effect of explosive flatulence. Other ploys were downright toxic. Lucky Strike cigarette marketers encouraged female customers to "reach for a Lucky instead of a sweet." In his 1960s bestseller *The Drinking Man's Diet*, cosmetics executive Robert Cameron pitched virtually unlimited quantities of booze and fatty meat. My father went on Cameron's diet. He did lose some weight, but his first heart attack came a few years later.

Early weight-loss advocates did promote some less-far-fetched programs that survive today, inevitably rechristened with catchy new names. In the mid-1800s, Sylvester Graham, a Presbyterian minister (of graham cracker fame), preached the gospel of eating a bland, meatless diet heavy on whole grains and unleavened bread. It had the added benefit, he claimed, of lowering libido and preventing masturbation. These dubious merits aside, Graham's ideas heralded modern vegan, vegetarian and low-fat diets, such as those from the American Heart Association, Dean Ornish, M.D., and Pritikin.

William Banting, an undertaker for upper-class Londoners (including the royal family) around that same time, was once so fat he could not bend to tie

A Man with a Diet Plan

My two cents on some of today's most popular weight-loss programs. I did them all so you don't have to. The good news: I lost weight on every one I tried. The bad: I inevitably gained every ounce back—with the exception of Diet #11.

1 Whole30

The military boot camp of the diet world: no sugar, no dairy, no grains, no beans, no booze—and absolutely no cheating—for 30 days. A friend observed that it's easy, you just have to give up everything that makes life worth living. I lost 13 pounds, and immediately regained every single one.

2 Ornish

A meatless program that aims to reduce heart disease by limiting fat intake to 10% or less of daily calories and encouraging moderate exercise and meditation. I'm not the meditative sort, and I lasted five days before breaking down and ordering Korean barbecue beef ribs and a Manhattan cocktail.

3 South Beach

Aka the "chop chop" diet because of the time spent cutting vegetables. Lean meats are fine, but you must avoid simple carbs, such as those in bread, pasta and sugary drinks. All that knife work became tiresome, especially when all I wanted for a workday lunch was a little meat between two slices of decent bread.

4 Master Cleanse

If it was good enough for Beyoncé, I figured a diet limited to lemonade and laxative tea would be good enough for me. After four days, I nearly passed out from fatigue. Worth it, I suppose, if a studio is paying you millions to slim down for a movie role. Otherwise...

5 Vegetarian & Vegan

Joyless after a week or so, but useful because I discovered several quick, satisfying meatless recipes—such as a full-flavored ratatouille and a silky red lentil soup that is a meal in itself. They have entered my permanent repertoire. My physique thanked me.

6 Paleo

These diets suggest only eating what your foraging, spear-throwing forebears would recognize as food—mostly meat and vegetables. In theory, the stuff that cave folks hunted and gathered is what our bodies evolved to consume. I had health concerns about so much meat, but also concluded that our ancestors led dull culinary lives.

(continued on page 70)

(continued from page 69)

7 Keto
Think paleo on steroids: meat is good, fatty meat is even better and carbs are evil. When your body is deprived of carbohydrates, it resorts to breaking down your fat reserves into molecules called ketones for fuel. Studies show that you do lose weight in the short term. Two well-known side effects are "keto flu" and foul-smelling "dragon breath." Concerned about all that saturated fat, I also worried about dropping dead from a keto heart attack.

8 WW (formerly Weight Watchers)
Every morsel of food is given a certain number of points and you can eat whatever you like so long as you don't exceed your allotment. Group sessions inspire you to stay on track, although I'm not a group guy. And I paid more than $50 a month.

9 Mediterranean
Heavy on herbs, vegetables, olive oil and seafood; light on dairy and meat. Greeks have been adhering to this way of eating for more than 2,500 years—for good reasons. It taught me that eating a plant-heavy diet can be tasty, filling and healthful.

10 French Paradox
Eat and drink the very best of anything and do so at sit-down meals in the company of friends and loved ones. A major component of every French meal is joy. Just be mindful and practice moderation.

11 My Way
OK, this isn't an official plan—but it is the diet I found works best, based on the successful participants in the National Weight Control Registry. It applies what I've dubbed the Frank Sinatra "My Way" approach: Find out what works for you—whether that's curbing sugary foods, not snacking after 8 p.m., or weighing yourself daily—then go for it. The results speak for themselves. More than 12,000 Americans in the NWCR have lost at least 30 pounds and kept them off for an average of six years. My goal is to someday join their ranks.

his shoes, or, as he put it delicately, "attend to the little offices humanity requires." He lost weight and regained his health by doing exactly the opposite of what Graham prescribed, subsisting on meat and fat and almost no carbohydrates. The Atkins, South Beach, paleo and keto diets can trace their origins to the famous obese British funeral director.

In the late 1800s, Wilbur Olin Atwater, an American chemist who studied metabolism and nutrition, advocated limiting calories to control weight, ushering in the era of the ultra-slender flapper. Although they avoid using the word "calorie," WW International (formerly Weight Watchers), Jenny Craig, Nutrisystem and intermittent-fasting diets are all designed to limit calorie intake.

Secrets of the Slim

I decided to take several modern diets on test drives to see which ones I could stick with—an exercise that took me several years. I cleansed. I became a vegetarian, then a vegan. I joined Weight Watchers. I went gluten-free. I tried Ornish's extremely low-fat, meat-free diet, as well as meat-is-just-fine plans like South Beach, Atkins and paleo. But whatever route I took, the results were the same. I slimmed down only to plump back up. *(See "A Man with a Diet Plan," page 69.)* Research shows that my experience was typical. In a large, long-term study with more than 800 participants, a team led by Frank Sacks, M.D., a professor of cardiovascular disease prevention at the Harvard School of Public Health, found that, ultimately, the type of diet doesn't matter. Subjects lost and then regained the same amount of weight regardless of which program they chose.

So I began to look at cultures around the world that have no tradition of dieting—where people just *eat*—and yet are skinnier and healthier than most Americans.

On the balcony of her country place on the coast not far from Athens, I met up with Antonia Trichopoulou, M.D., head of Greece's Hellenic Health Foundation, who has extensively researched the Mediterranean diet. She served me a lunch of eggplant stew and explained that the key to the health benefits of the diet is the liberal use of olive oil in vegetable-forward meals. Oil makes the cuisine filling, and adding plenty of herbs renders it vibrant and exciting. Greeks have stuck to their diet for thousands of years because eating the Mediterranean way is a pleasure, not an ordeal. That sounded good to me, but I wondered about other blue zones—cultures with remarkable leanness and longevity—that

enjoy similar health benefits.

According to numerous studies, if I wanted to live forever, I should move to Loma Linda, California. A sizable percentage of the small city's residents are Seventh-Day Adventists. In that group, research shows that men live an average of 7.3 years longer than the typical Californian male; women survive 4.4 years longer than their counterparts. Both enjoy a significantly lower risk of obesity. And the city is awash in centenarians. A big reason, according to Gary Fraser, M.D., a distinguished professor at Loma Linda University School of Public Health, is what they eat—or rather *don't* eat. For religious reasons, many Adventists follow a vegan diet or a lacto-ovo vegetarian diet, which includes eggs and dairy products, but no meat, poultry or seafood. Those who do eat meat, do so rarely. They don't snack between meals, drink or smoke, and they get regular—but not necessarily strenuous—exercise. "When you are brought up on a good vegetarian diet by someone who knows how to cook, you really don't miss meat," Fraser told me. When I asked whether I'd have to become an Adventist to enjoy these health benefits, he assured me that if I simply ate like a member of his church, I too could enjoy a longer, slimmer life.

Across the Atlantic, however, I encountered a different dietary point of view. I have always envied the French. They get to eat all sorts of cheeses and succulent meats, smothered in rich sauces and enjoyed with great wines, and yet the nation has half the rate of obesity as the U.S. and its people are 65% less likely to die of circulatory ailments. It's called the "French paradox."

But when you look at *how* they eat, rather than *what* they eat, there's no paradox at all. In his book *Manger* ("Eating"), Claude Fischler, a sociologist and anthropologist at the French National Center for Scientific Research, compares the attitudes of his countrymen and Americans toward the act of eating. The two cultures could hardly be more at odds. The French tend to put quality over quantity. They appreciate the ritual of dining with friends and loved ones. They are mindful about the food they consume and don't snack or eat on the run. We North Americans, on the other hand, are used to giant portions and view the act of eating as something to be conducted as efficiently as possible, whether at our desks, on the subway or in front of the television.

To learn how to eat like the French firsthand, I visited an old acquaintance, chef Jacques Pépin, who moved from France to the U.S. in the 1950s. While the food he cooks these days has been Americanized to a degree, his philosophy on eating remains French. "I always eat with pleasure

4 WEIGHT-LOSS MYTHS

Much of what we think we know about dieting is wrong.

MYTH 1: Exercise is critical for weight loss.

As someone who hikes, cycles and cross-country skis at every opportunity, this doesn't seem fair. If you diligently exercise at the same time as you diet, shouldn't the pounds come off that much faster? Or at the very least, shouldn't extra activity allow you to partake in some small indulgences and keep losing weight? Sorry, research shows that exercising plays at best a minor role in weight loss. Corby Martin, Ph.D., a psychologist at the Pennington Biomedical Research Center in Louisiana, co-directed a team that tracked nearly 200 sedentary, overweight men and women for six months. The subjects were divided into three groups. One went about life as usual. One exercised moderately (90 minutes a week). A third worked out more than twice as much as the moderate group. The two active groups lost far less weight than would have been expected given their increased calorie expenditure. Other research backs up the Pennington results. Scientists don't know the exact explanation, but one theory is that active dieters compensate by eating a small amount more than normal, just enough to nullify the effects of their workouts.

But that's no excuse for remaining a couch potato. Exercise has so many other wonderful benefits. And Brown University's Graham Thomas says that while exercising may not help you shed pounds, it is a key to keeping off the weight you've lost by dieting. It boosts metabolism, which drops when weight comes off.

MYTH 2: You'll lose more weight on a low-carb diet than on a low-fat one.

Frank Sacks, M.D., of the Harvard School of Public Health, oversaw a long-term study that showed that subjects lost the same amount of weight regardless of which route they took.

MYTH 3: A calorie is a calorie.

A calorie is simply a measure of energy, much as a mile is a measure of distance. And as anyone knows, there is a big difference between hiking a mile up a steep mountain trail and sauntering the same distance on a level park path. Sugar and other simple carbohydrates have insidious ways of packing on more weight than their calorie content suggests they should. Among other things, they cause a surge of blood sugar, provoking a concurrent surge in insulin, which spurs fat storage. And they trick your body into thinking it hasn't gotten enough food so you're apt to overeat. Harvard researcher David Ludwig, M.D., conducted an experiment on a group of adolescent boys. On one morning, they were fed a breakfast of sweetened instant oatmeal; on another they got vegetable omelets. Later on both days, the subjects had access to whatever they wanted from a buffet. On the sugary oatmeal days, they were starving by lunchtime and ate 650 more calories than they did on the omelet days. Bottom line: Skip the processed carbs and go for whole foods.

MYTH 4: Juice cleanses lead to fast weight loss.

Yes, because of severe calorie restriction, you will likely drop some pounds, but most of it is water, and the weight comes back on as soon as you start eating real foods again, according to Liz Applegate, Ph.D., director emerita of sports nutrition at the University of California, Davis.

For delicious meal plans that will help fast-track weight loss, hover your phone's camera over this smart code.

and no guilt," he explained. Pépin has never dieted in his life. "If I overdo it, I'll cut back for a day or two—but I eat what I would normally eat. I never avoid a specific food," he added. As we sat down and ate together, Pépin had small portions of everything, but refrained from seconds. If he had a piece of Comté cheese, it was a morsel. "If you eat slower and eat better, taking the time to taste what you put in your mouth, you eat less and enjoy it more. You get satisfied," he said. "I'll never forget the first time my mother, who loved roast beef, came over to visit. We took her to a restaurant, and when she saw the size of her prime rib, she nearly fell off her chair. She thought it was for the entire table of eight." Delicious food in modest amounts is what Pépin is convinced helps with weight control and overall health.

Not one expert I talked to had anything good to say about added sugar, alcohol or ultra-processed carbohydrates, such as those in white bread and pasta. All of these "usual suspects" can pack on far more weight than their calorie content alone suggests. Super-refined carbs, for example, cause blood sugar levels to spike, triggering a surge in insulin that results in more calories being stored away in fat cells. They are digested so fast that we quickly become hungry again and wind up eating more than we need. They hook us in ways similar to addictive drugs. They lower our metabolisms so we burn calories more slowly. And they impair willpower without us even realizing it.

When I had just about concluded that most weight-loss plans were futile—at least for me—I discovered that somehow thousands of Americans have succeeded. The records of their achievements are maintained by the National Weight Control Registry, whose 12,000-plus enrollees have lost a minimum of 30 pounds and kept the weight off for an average of six years. J. Graham Thomas, Ph.D., an associate professor of psychiatry and human behavior at Brown University, has been studying members to find out how they did it. The secret is that there *is* no secret. Some ate low-fat, some ate low-carb, some ate normally. Half participated in organized weight-loss programs, half did it on their own. Some lost dozens of pounds simply by switching from regular beer to light. I call it the Frank Sinatra Diet: they did it their way.

That made sense to me. I decided to examine the way I have always eaten and tweak that or, if need be, hack away at it. That meant eliminating or drastically reducing the "usual suspects" in my diet. From my stint at Weight Watchers, I knew that sugary foods are a huge contributor to obesity for many. A lot of my fellow WWers found that pounds started falling off once they controlled their sweet tooth. I have whatever the opposite of a sweet tooth is, so sugar wasn't my problem. On the other hand, I had plenty of weaknesses that were keeping me plump. I love bread, especially the white sourdough variety. So I virtually eliminated it from my diet. For similar reasons, pasta became a rare treat, rather than a weeknight standby. Beans, I found, filled the pasta void and also made satisfying substitutions (with fewer calories) in meals that would have once included a slab of meat. I quit alcohol completely because it was easier for me to abstain than to carefully monitor what I drank. And the pounds began disappearing painlessly. Your list of suspects will no doubt differ. But if you find them and attack them, you, too, could lose weight—your way.

In retrospect, I learned a lot from the diets I unsuccessfully endured. Thanks to Ornish, I added a few tasty vegetarian recipes to my repertoire. South Beach taught me that fiber—lots of it—was a nearly zero-calorie way to feel full and satisfied. For the same reason, I now buy olive oil, a Mediterranean diet cornerstone, in institutional-sized bottles and deploy it liberally in vegetable main courses. Keeping track of "points" at WW showed me that my cheese snacking habit inevitably pushed me over my daily allotment.

On that fateful day at the doctor's that started me on this journey, I weighed 238 pounds. Now I'm 212. My blood pressure tumbled from an unhealthy 164 over 86 to an ideal 112 over 62. My cholesterol levels are now normal. No one would call me svelte. I'm still very much a work in progress, but as surveys of members of the Weight Control Registry show, keeping the pounds off becomes more effortless over time as the habits required to maintain your weight become automatic. That strikes me as being pretty much the opposite of requiring willpower.

BARRY ESTABROOK *is a three-time James Beard Award–winning journalist. His book* Just Eat: One Reporter's Quest for a Weight-Loss Regimen That Works *comes out in February.*

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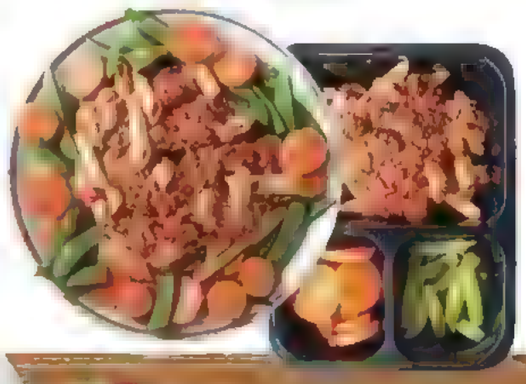

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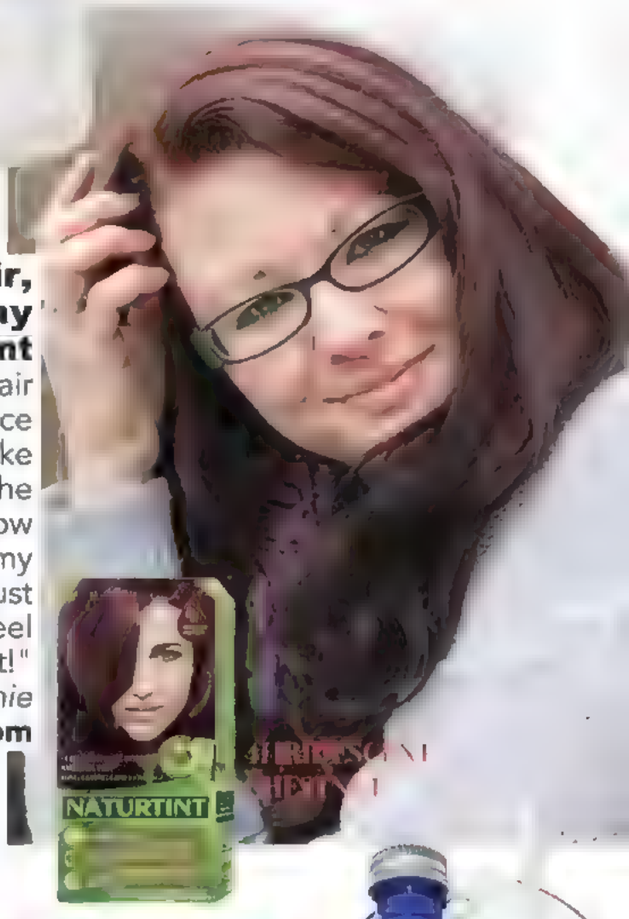

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JUST TELL ME WHAT TO EAT!

Nutrition trends and fads will continue to come and go. But if your aim is to eat healthfully in the long run, your best bet is to focus on habits you can stick with. That's why we asked nutrition expert Cynthia Sass to share 6 eating habits that are simple to adopt and that can have big health payoffs down the line. Each focuses on maximizing nutrients that research has found to help reduce inflammation, improve cholesterol, support brain health and lower the risk of heart disease and cancer. Best of all? These habits focus on foods that are naturally delicious (berries! chocolate!), so you can craft meals and snacks that will help you feel satisfied—for life.

By **CYNTHIA SASS, M.P.H., R.D.**

Recipes by the **EATINGWELL TEST KITCHEN**

Photography by **JENNIFER CAUSEY**

EMBRACE AVOCADOS

Avocados may seem decadent, but they're also nutrient powerhouses chock-full of monounsaturated fatty acids that support heart health and benefit cholesterol levels. A 2018 meta-analysis published in the *American Journal of Clinical Nutrition* found that people who regularly ate avocados had significantly increased levels of beneficial HDL cholesterol, which may protect against heart disease. Avocados are also high in fiber and provide a suite of vitamins and minerals, including potassium and magnesium. Add avocado to salads and sandwiches or puree with a little vinegar, garlic and herbs to make a creamy dressing. You can even include avocados in dessert (they work surprisingly well in chocolate pudding—see our recipe on *eatingwell.com*). Go ahead and enjoy up to a whole avocado a day!

Winter Cobb Salad, Page 86

OPT FOR PLANT PROTEIN SEVERAL TIMES A WEEK

A growing body of research suggests that **plant-based eating patterns that emphasize produce, legumes, nuts and whole grains** over meat and dairy are associated with a host of health benefits, including a lower risk of heart disease, hypertension, type 2 diabetes and obesity. That's precisely why pulses (the umbrella term for beans, lentils, peas and chickpeas) are an excellent replacement for meat: they're a good source of protein, high in fiber and incredibly nutrient-rich. Most are packed with polyphenols, a type of antioxidant tied to anti-inflammation, and are great sources of folate and iron. You can replace 3 to 4 ounces of meat with ½ to 1 cup of pulses in dishes like chili, stir-fries, burgers and meatballs—aim to make the swap at least three times a week.

Instant-Pot Mujadara

ACTIVE: 50 min **TOTAL:** 1 hr 10 min
TO MAKE AHEAD: Refrigerate for up to 3 days.
Lentils and rice have been served together across the Middle East for centuries; they make a nutritious and satisfying vegetarian meal. This Instant Pot version is inspired by Lebanese mujadara, a variation that combines lentils, rice and caramelized onions.

- **¼ cup extra-virgin olive oil**
- **2 large red onions, thinly sliced**
- **1 cup dried brown lentils, picked over**
- **1 cup long-grain brown rice**
- **3 cups water**
- **1 teaspoon salt**
- **Lemon wedges, whole-milk plain yogurt & chopped fresh mint for serving**

1. Heat oil in an electric pressure cooker set to Sauté mode. Add onions and cook, stirring often, until softened and deep golden brown, about 30 minutes. Transfer half the onions to a paper-towel-lined plate.
2. Meanwhile, soak lentils in a bowl of hot water. Rinse rice in a fine-mesh sieve until the water runs clear.
3. Drain the lentils and add to the pressure cooker, along with the rice and 3 cups water. Lock the lid in place and cook at high pressure for 10 minutes. Let the pressure release naturally for 15 minutes, then release the remaining pressure manually. Stir in salt. Top the mujadara with the reserved onions and serve with lemon wedges, yogurt and mint, if desired.
SERVES 6: generous ¾ cup each
Cal 338 **Fat** 11g (sat 2g) **Chol** 0mg **Carbs** 50g **Total sugars** 4g (added 0g) **Protein** 12g **Fiber** 10g **Sodium** 399mg **Potassium** 504mg.

Spiced Nuts

Whisk 1 large **egg white** with desired **seasonings** in a medium bowl. Add **nuts**; toss to coat. Spread on a large rimmed baking sheet. Bake at 250°F for 45 minutes, stirring every 15 minutes. Cool completely, about 30 minutes. Store in an airtight container for up to 2 weeks.
MAKES: 12 servings, ¼ cup each
NUTRITION INFO: page 107

- **EVERYTHING-SEASONED ALMONDS**
  3 Tbsp. **everything bagel seasoning** (ground), 3 cups unsalted raw **almonds.**
- **PIZZA PISTACHIOS** 3 Tbsp. **nutritional yeast,** 1 Tbsp. **Italian seasoning,** 1¾ tsp. **salt,** 3 cups unsalted shelled **pistachios.**
- **ROSEMARY-GARLIC PECANS**
  3 Tbsp. chopped **fresh rosemary,** 2 tsp. **garlic salt,** 3 cups raw **pecans.**

MAKE NUTS A GO-TO SNACK

Nuts are a near-perfect snack, rich in unsaturated fats, protein, fiber, vitamins, minerals and a variety of compounds that have anti-oxidant and anti-inflammatory effects like tocopherols and alpha-linolenic acid in walnuts. A recent research review in the journal *Nutrients* found that regularly eating a variety of nuts can support healthy cholesterol and blood pressure levels and help people maintain a healthy weight. And don t forget peanuts: although technically a legume they are also packed with nutrients. As a daily habit raw or roasted unsalted nuts are best but you can lightly season your own as we ve done here. Aim for ¼ cup out of the shell (about the size of a golf ball) or 2 tablespoons of nut butter per snack. And eat a variety—every nut has a unique makeup of micronutrients and fatty acids that are beneficial.

INCORPORATE VEGGIES INTO EVERY MEAL

Eating more vegetables may be the single most important dietary change you can make. A 2017 review of nearly 100 long-term studies in the *International Journal of Epidemiology* found that eating 7 to 10 servings per day of fruits and vegetables is tied to a significantly lower risk of heart disease and stroke and a slightly lower risk of cancer—likely due to the amount, variety and synergistic effects of vitamins, minerals, antioxidants and fiber. Eating more produce has also been found to have a positive effect on mental well-being. A simple way to hit the mark is to include veggies in every meal and snack—even breakfast. And don't discount frozen vegetables, which are just as nutritious as fresh and can offer a timesaving shortcut.

EAT MORE VEGGIES MEAL PLAN

1 DAY: 1,800 CALORIES

BREAKFAST **Spinach Omelet** with 2 large eggs, 1 cup spinach, 2 Tbsp. shredded Cheddar cheese and 1 tsp. each extra-virgin olive oil and chopped dill. Serve with 2 **clementines** and a **chai latte** with ¾ cup reduced-fat milk and 1 chai tea bag.

SNACK Sliced **cucumber** and **carrot** (½ cup each) with **Greek Yogurt Ranch Dip** (½ cup low-fat plain Greek yogurt and 1 tsp. ranch seasoning).

LUNCH **Greek Chopped Salad** with 3 cups romaine, ½ cup chopped roast chicken, ⅓ cup each chickpeas and red bell pepper, 3 Tbsp. Greek dressing and 2 Tbsp. each chopped red onion, olives and feta.

SNACK Air-popped **popcorn** (4 cups) with a 5-second spray of olive oil cooking spray, 2 tsp. nutritional yeast and a pinch of salt.

DINNER **Honey-Chipotle Glazed Salmon with Cauliflower Rice Pilaf,** 5-oz. glass chardonnay.

DESSERT Low-fat **strawberry frozen yogurt** (½ cup) sprinkled with 1 Tbsp. each mini chocolate chips and coconut chips.

To see our video about kick-starting healthy habits, hover your phone's camera over this smart code.

Honey-Chipotle Glazed Salmon with Cauliflower Rice Pilaf

ACTIVE: 25 min **TOTAL:** 25 min

Swapping in cauliflower rice for traditional rice not only sneaks in a serving of vegetables, it also saves time, as it takes just minutes to cook.

- 1¼ pounds skin-on wild salmon, cut into 4 pieces
- ½ teaspoon salt, divided
- 2 teaspoons chopped chipotle in adobo sauce
- 2 teaspoons honey
- 3 tablespoons extra-virgin olive oil
- 4 cups cauliflower rice (fresh *or* frozen)
- ½ cup frozen diced carrots and peas
- 2 cloves garlic, minced
- ¼ cup sliced almonds
- ¼ cup chopped fresh cilantro
- ¼ cup grated Parmesan cheese
- 1 tablespoon lime juice

1. Preheat oven to 425°F. Line a baking sheet with foil.

2. Place salmon on the prepared baking sheet, skin-side down, and sprinkle with ¼ teaspoon salt. Combine chipotle and honey in a small bowl and brush on the salmon. Bake until the salmon flakes easily with a fork, 6 to 12 minutes depending on thickness.

3. Meanwhile, heat oil in a large skillet over medium-high heat. Add cauliflower rice and cook, stirring occasionally, until soft and hot, about 3 minutes. Add carrots and peas and garlic; cook, stirring occasionally, until hot, about 2 minutes. Remove from heat. Stir in almonds, cilantro, Parmesan, lime juice and the remaining ¼ teaspoon salt. Serve the salmon with the pilaf.

SERVES 4: 4 oz. salmon & 1 cup pilaf each
Cal 370 **Fat** 20g (sat 4g) **Chol** 71mg **Carbs** 12g **Total sugars** 5g (added 3g) **Protein** 34g **Fiber** 3g **Sodium** 497mg **Potassium** 626mg.

Berry Orange Smoothie

ACTIVE: 5 min **TOTAL:** 5 min

Frozen mixed berries make smoothies a cinch: they can go straight from the freezer to the blender.

Puree 1 cup **frozen mixed berries,** ½ cup **low-fat plain yogurt,** 1 tsp. **grated orange zest** and ¼ cup **orange juice** in a blender until smooth.

SERVES 1: 1¼ cups
Cal 167 **Fat** 2g (sat 1g) **Chol** 7mg **Carbs** 31g **Total sugars** 24g (added 0g) **Protein** 8g **Fiber** 5g **Sodium** 86mg **Potassium** 415mg.

ENJOY BERRIES AS A DAILY STAPLE

Berries are full of antioxidants known to combat inflammation and protect against cell damage that leads to a number of diseases, including cancer, heart disease and neurodegenerative disorders. They are also high in fiber (hello, raspberry seeds!) and are great sources of vitamin C and potassium. Of particular interest is their role in brain health: a 20-year-long study of more than 16,000 older adults found that those who ate the most blueberries and strawberries experienced the slowest rates of cognitive decline. Aim for 1 cup of berries a day, and consider frozen as well as fresh. Frozen berries tend to be less expensive and are a great option when fresh berries are out of season.

AHEAD, ENJOY SOME DARK CHOCOLATE!

There are plenty of reasons to have a bit of dark chocolate as a daily ritual. Magnesium, which is found in dark chocolate, is tied to better sleep quality in women and a reduced risk of depression. A 2017 review published in *Frontiers of Nutrition* suggests that the flavonols in dark chocolate may improve circulation and enhance cognitive performance. And a 2018 randomized trial found that people who ate dark chocolate (70% cacao) every day for six months significantly reduced their total and LDL cholesterol levels. Raw cocoa powder (aka non-Dutched, nonalkalized or natural) is another way to take advantage of chocolate's powerful benefits. (To swap it for Dutch-process cocoa powder in a recipe, replace the baking powder with half the amount of baking soda.)

Double Chocolate Peanut Butter Brownie Bites

ACTIVE: 15 min **TOTAL:** 1½ hrs
TO MAKE AHEAD: Store in an airtight container at room temperature for up to 5 days.
EQUIPMENT: 24-cup mini muffin tin

These not-too-sweet mini desserts combine the flavors of peanut butter cups and chocolate cake. Quinoa flour adds protein and makes these gluten-free, but feel free to substitute white whole-wheat flour instead.

- **¾ cup smooth natural peanut butter**
- **6 tablespoons unsalted butter, softened**
- **2 large eggs**
- **¾ cup packed light brown sugar**
- **1 teaspoon vanilla extract**
- **½ cup quinoa flour *or* white whole-wheat flour**
- **⅓ cup unsweetened natural cocoa powder (*not* Dutch-process)**
- **½ teaspoon baking soda**
- **¼ teaspoon salt**
- **¼ cup dark chocolate chips**

1. Preheat oven to 350°F. Coat a 24-cup mini muffin tin with cooking spray.
2. Beat peanut butter and butter in a large bowl with an electric mixer until creamy. Beat in eggs, brown sugar and vanilla. Whisk quinoa (or whole-wheat) flour, cocoa, baking soda and salt in a small bowl. Mix the dry ingredients into the wet ingredients until just combined. Divide the batter among the prepared mini muffin cups and sprinkle the tops with chocolate chips.
3. Bake until a toothpick inserted in the center of a brownie comes out with just a few moist crumbs attached, 14 to 16 minutes. Let cool completely before storing, about 1 hour.
SERVES 24: 1 brownie bite each
Cal 133 **Fat** 9g (sat 3g) **Chol** 23mg **Carbs** 13g **Total sugars** 9g (added 7g) **Protein** 3g **Fiber** 1g **Sodium** 93mg **Potassium** 79mg.

Winter Cobb Salad

ACTIVE: 20 min **TOTAL:** 55 min

This seasonal twist on a traditional Cobb salad swaps in kale for lettuce and spiced butternut squash for chicken but keeps the essential avocado, blue cheese, bacon and egg. (Photo: page 74.)

- **4 cups cubed peeled butternut squash**
- **5 tablespoons extra-virgin olive oil, divided**
- **1 teaspoon ground coriander**
- **1 teaspoon ground cumin**
- **¼ teaspoon ground cinnamon**
- **3 tablespoons red-wine vinegar**
- **1 tablespoon Dijon mustard**
- **1 tablespoon minced shallot**
- **½ teaspoon dried oregano**
- **½ teaspoon ground pepper**
- **¼ teaspoon salt**
- **10 cups coarsely chopped stemmed kale**
- **1 large crisp apple, sliced *or* chopped**
- **1 cup thinly sliced red onion**
- **2 slices cooked bacon, chopped**
- **2 hard-boiled eggs, quartered**
- **1 ripe avocado, sliced**
- **¼ cup crumbled blue cheese**

1. Preheat oven to 400°F.
2. Toss squash with 1 tablespoon oil, coriander, cumin and cinnamon in a large bowl. Spread on a large rimmed baking sheet. Roast, stirring once halfway, until tender and lightly browned, about 30 minutes. Let cool to room temperature, about 10 minutes.
3. Whisk vinegar, mustard, shallot, oregano, pepper and salt in a large bowl. Slowly whisk in the remaining 4 tablespoons oil. Add kale and toss well to combine. Divide the kale among 4 plates and top with apple, onion, bacon, egg, avocado, cheese and the squash.
SERVES 4: about 2 cups each
Cal 452 **Fat** 33g (sat 7g) **Chol** 105mg **Carbs** 32g **Total sugars** 11g (added 0g) **Protein** 11g **Fiber** 11g **Sodium** 471mg **Potassium** 978mg.

STYLING: EMILY NABORS HALL (FOOD), LINDSEY LOWER (PROPS)

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A color-coded calendar for the whole family to share

The Williams Family

Claire · Michael · Johnny · Nia · Nana · Papa

A shared list so anyone can add items and pick up the groceries

MEAT

- [ ] Chicken

PRODUCE

- [ ] Lime
- [ ] 2 Green Bell Peppers

Cozi will notify others and send reminders—so you don't have to!

COZI
1/12 10:00 am
Reminder: Nia's dentist appointment

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Cocina de PAPAS

IT'S SOPA TIME!

Grab your ladle and follow along as cookbook author and culinary historian Sandra Gutierrez takes us on a tour of some of her favorite Latin American soups.

By **SANDRA A. GUTIERREZ**

Photography by **LEIGH BEISCH**

Hand-lettering by **GEN RAMÍREZ**

¡Yo! ¡Yo!

Sopa de Albóndigas

I've been enamored of soups since I was a child, when I learned to cook in my grandmother's kitchen. My grandmother, Mita (short for mamita), lived in a grand estate on the outskirts of Guatemala City. I was a shy child, and I first discovered her kitchen while looking for the perfect hiding place from the large parties that filled her home on weekends. Soon, within those stucco-and-tile walls, I learned to make pastry, to shell beans and to cook with my senses—adding a little bit of this or that until a dish tasted "just right." Mita taught me the foundation of soup—to make broth from scratch—and then began to teach me about different cultures of the world through food. I learned to make comforting, rice-studded stews, called asopaos, from her travels in Cuba; delicate caldos—soups with perfectly clear broths and chunks of meat and potatoes—that she had learned to make while she lived in Mexico; and rich cream-based soups called cremas, enjoyed during her many trips to South America.

When my children were little, our family lived in Toronto, Canada, and I began to teach them about the world through food, just as Mita had taught me. Every weekend, we traveled "virtually" to a different country: we'd listen to the music, watch a movie and, of course, eat the food, which always included soup. When our tours took us to Latin America, we prepared hearty, potato-based locros from Ecuador and my favorite consommé with floating crêpes that I grew up eating in Guatemala. We cooked Brazil's moqueca, a seafood stew rich with coconut milk and red palm oil, and taught our girls the importance of African culinary influences in our foodways. They learned to discern different flavor bases, or sofritos, like the tomato-based one used to flavor sopa de fideos in Mexico. We exposed them to indigenous traditions and ingredients through dishes like vori vori, a corn-dumpling soup from Paraguay. One bowl at a time, my daughters expanded their understanding of the world and of our Latin American heritage.

As you cook the recipes on the following pages and taste these soups, I hope they also offer you a little escape to Latin America, if only for a moment.

SANDRA GUTIERREZ is the author of *The New Southern-Latino Table*, *Latin American Street Food*, and *Empanadas: The Hand-Held Pies of Latin America*.

Portrait by CHRIS CHARLES

Sopa de Tartaritas (Tiny Crêpe Soup)

ACTIVE: 1 hr 10 min **TOTAL:** 5 hrs

TO MAKE AHEAD: Prepare broth (Steps 1-5) and refrigerate for up to 2 days or freeze for up to 4 months.

In Guatemala, leftover stock from pots of boiled beef (cocido) is often transformed into this soup. To approximate that flavor, I make a simple stock from roasted beef bones. If you're short on time, use the best premade beef broth you can find.

ROASTED BEEF BROTH

- **3 pounds assorted beef bones (shin, shank, short ribs *and/or* marrowbones)**
- **1 large white onion, cut into 3-inch pieces**
- **2 medium carrots, cut into 3-inch pieces**
- **2 large stalks celery**
- **1 small leek, cut into 3-inch pieces**
- **2 tablespoons vegetable oil**
- **4 quarts water, divided**
- **6 whole peppercorns**
- **1 cup packed fresh flat-leaf parsley with stems**

TARTARITAS (TINY CRÊPES)

- **1 cup whole milk**
- **2 large eggs**
- **1½ cups all-purpose flour**
- **½ teaspoon salt**
- **¼ cup chopped fresh flat-leaf parsley**
- **4 tablespoons canola oil, divided**

SOUP SEASONINGS

- **½ teaspoon salt**
- **¼ teaspoon ground pepper**
- **3 large sprigs fresh mint, plus chopped mint for garnish**

1. To prepare broth: Preheat oven to 450°F.

2. Combine bones, onion, carrots, celery, leek and oil in a large roasting pan. Roast, stirring once or twice, until the bones and vegetables are very brown, about 45 minutes.

3. Transfer the bones and vegetables to a large stockpot. Add 1 quart water to the roasting pan, scrape up any browned bits, then pour the water into the pot. Add the remaining 3 quarts water, cover and bring to a simmer over high heat. Reduce heat to maintain a simmer and cook, skimming off any foam, for 15 minutes.

4. Add peppercorns and 1 cup parsley. Continue simmering until any meat falls off the bones and/or the marrow is very soft and easily removed with a spoon, about 2 hours.

5. Let the broth stand for 30 minutes. Strain through a sieve lined with cheesecloth. Skim fat, if using the broth immediately, or refrigerate overnight and remove solidified fat before using. You should have 10 cups broth.

6. Meanwhile, prepare tartaritas: Whisk milk and eggs in a large bowl. Add flour and salt and whisk until the batter is smooth. Let rest for 10 minutes. Stir in parsley.

7. Line a baking sheet with paper towels. Heat 1 tablespoon oil in a small nonstick skillet over medium-high heat. When it's hot, drop batter by the teaspoonful to form crêpes about 1½ inches in diameter. Cook until beginning to turn golden on the bottom, about 30 seconds. Flip and cook until golden, about 20 seconds more. Transfer to the baking sheet. Repeat with the remaining batter and oil in several batches, adjusting the heat if the crêpes are browning too quickly.

8. To season & finish soup: Combine the broth, salt and pepper in a large pot. Bring to a boil over high heat. Add mint sprigs and cook for 2 minutes. Discard the sprigs. Ladle the soup into bowls and divide the crêpes among them. Garnish with chopped mint, if desired.

SERVES 8: 1½ cups soup & about 10 crêpes each **Cal** 197 **Fat** 9g (sat 2g) **Chol** 50mg **Carbs** 20g **Total sugars** 2g (added 0g) **Protein** 9g **Fiber** 1g **Sodium** 473mg **Potassium** 294mg.

Vori Vori (Corn-Dumpling Soup)

ACTIVE: 1 hr 5 min **TOTAL:** 1¼ hrs
TO MAKE AHEAD: Prepare through Step 1 and refrigerate poached chicken and broth separately for up to 1 day.

Vori means "ball" in the Guaraní language of Paraguay; vori vori is the plural form. The name references the spherical dumplings that float in the broth. The soup originated as a fusion of the cuisines of Spanish Franciscan missionaries and the Guaraní people. For the lightest dumplings, use clarified butter, also known as ghee. (Photo: page 83.)

SOUP

- **1 bone-in chicken breast (about 1¼ pounds)**
- **1 small yellow onion, peeled**
- **1 small carrot**
- **1 stalk celery**
- **1 large clove garlic**
- **¾ teaspoon salt**
- **8 cups water**
- **4 cups diced butternut squash**

DUMPLINGS

- **1 large egg plus 1 egg yolk**
- **¼ cup grated white onion**
- **1 cup fine stone-ground cornmeal**
- **2 tablespoons ghee *or* unsalted butter, at room temperature**
- **1 cup grated queso blanco *(see Tip, right)* *or* ricotta salata**
- **Chopped fresh parsley *or* scallion greens for garnish**

1. To prepare soup: Place chicken, yellow onion, carrot, celery, garlic and salt in a large pot. Add water, cover and bring to a boil over high heat. Reduce heat to maintain a simmer and cook, covered, until an instant-read thermometer inserted in the thickest part of the meat without touching bone registers 165°F, about 25 minutes. Allow the chicken to cool in the broth for 10 minutes. Transfer the chicken to a plate. Strain the broth and return it to the pot. (Discard solids.)

2. Meanwhile, to prepare dumplings: Mix egg, egg yolk and onion in a large bowl with a fork. Add cornmeal and stir to combine. Add ghee (or butter) and mash it in with the back of the fork. Add cheese and knead until a smooth dough forms. Cover and let rest for 10 minutes.

3. Bring a large saucepan of water to a boil over high heat. Shape the dough into 18 dumplings, about 1 inch in diameter. Reduce heat to a simmer and add half the dumplings. Cook until they rise to the surface, about 4 minutes, then continue to simmer for 5 minutes. Use a slotted spoon to transfer them to a large plate. Repeat with the remaining dumplings.

4. Add squash to the broth in the pot. Bring to a boil over high heat. Reduce heat to maintain a simmer, cover and cook until the squash can be easily pierced with a fork, 10 to 15 minutes.

5. Shred the chicken and return to the broth, along with the dumplings. Simmer until the chicken and the dumplings are heated through, about 5 minutes. Serve topped with parsley or scallion greens, if desired.

SERVES 6: 2 cups each
Cal 317 **Fat** 13g (sat 7g) **Chol** 134mg **Carbs** 28g **Total sugars** 3g (added 0g) **Protein** 22g **Fiber** 5g **Sodium** 490mg **Potassium** 586mg.

Moqueca (Seafood & Coconut Chowder)

ACTIVE: 30 min **TOTAL:** 30 min

This seafood stew from Salvador de Bahia, Brazil, dates back hundreds of years and reflects the region's diverse population and history. It merges the African ingredients of dendê (red palm oil) and coconut milk with indigenous traditions of preparing seafood in clay pots over coals. Dendê is traditionally used for its rich flavor and beautiful red color, but you can use canola oil instead, as the tomato paste will still lend the dish a vibrant hue.

- **1 pound fresh crabmeat (preferably claw meat), cleaned and picked over**
- **1 pound raw shrimp (16-20 per pound), peeled and deveined if desired**
- **¼ cup lemon juice**
- **1½ tablespoons dendê (red palm oil; *see Tip, right*) *or* canola oil**
- **3 cups sliced red bell peppers**
- **2½ cups sliced green bell peppers**
- **2½ cups sliced red onions**
- **½ cup minced fresh cilantro, plus more for garnish**
- **4 large cloves garlic, minced**
- **¼ cup tomato paste**
- **¾ teaspoon salt**
- **¾ teaspoon ground pepper**
- **2 14-ounce cans coconut milk**
- **2 cups clam juice *or* fish stock**
- **4 cups cooked brown rice**

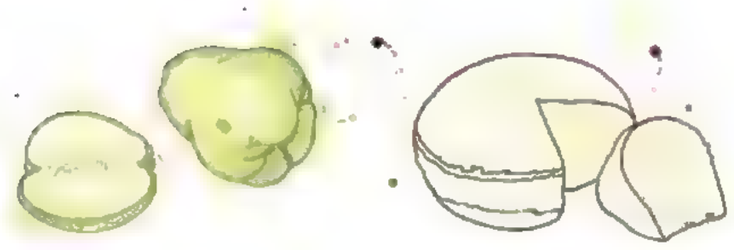
1. Combine crab, shrimp and lemon juice in a medium bowl.

2. Heat oil in a large pot over medium-high heat. Add red peppers, green peppers and onions; cook, stirring occasionally, until beginning to soften, about 4 minutes. Add cilantro, garlic, tomato paste, salt and pepper; cook, stirring, for 1 minute. Add coconut milk and clam juice (or fish stock) and bring to a simmer. Reduce heat to maintain a simmer, cover and cook until the peppers are softened, 8 to 10 minutes.

3. Add the crab and shrimp and return to a simmer over medium heat. Cover and cook until the shrimp is cooked through, 3 to 4 minutes more. Serve the chowder over rice. Garnish with cilantro, if desired.

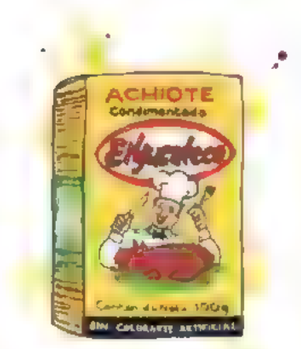
SERVES 8: 1⅓ cups chowder & ½ cup rice each
Cal 485 **Fat** 26g (sat 20g) **Chol** 112mg **Carbs** 39g **Total sugars** 5g (added 0g) **Protein** 28g **Fiber** 5g **Sodium** 686mg **Potassium** 997mg.

TIPS



Chayote squash *(p.89)* are small, pear-shaped squash with a mild, sweet taste. To peel and seed them, cut a thin slice off each end and use a vegetable peeler to remove the thin skin. With a sharp knife, quarter the squash, then slice off the white center and the seed. If you can't find chayote, use summer squash instead.

Queso blanco is a fresh cheese made from cow's or goat's milk that is used throughout South America. It has a mild flavor and a soft, creamy texture that is slightly crumbly. Look for it in Latin American grocery stores and large grocery stores or order it online. (You can also use ricotta salata.)



Achiote paste *(p.89)* is made of annatto seeds and other spices mixed with garlic and bitter orange or vinegar. It can be found in most Latin American grocery stores as well as in many regular grocery stores and online. Store it in the refrigerator for up to 3 months.

Dendê (red palm oil) gets its vibrant color from the pulp of the fruit of the oil palm tree. It is not the same as palm kernel oil, which is made from the seeds, not the pulp. Choose cold-pressed, unrefined red palm oil that bears a Palm Done Right seal of approval.

STYLING: DAN BECKER (FOOD), GLENN JENKINS (PROPS) ILLUSTRATIONS BY EMMA DIBBEN

MOQUECA

Sopa de Fideos (Chicken Noodle Soup with Sofrito)

ACTIVE: 20 min **TOTAL:** 35 min

Sofrito is a flavor base made by sautéing onions and garlic in oil. In Latin America, each region has its own variation that incorporates native ingredients; the tomato-based sofrito here is common in Mexico. The key to the color and flavor of this soup is to fry the sofrito in the oil: it's imperative that it sizzles as soon as it hits the pot. (Stand back and use a long spoon!)

- **1 28-ounce can no-salt-added diced tomatoes**
- **1 cup chopped white onion**
- **6 large cloves garlic**
- **½ cup chopped cilantro**
- **2 teaspoons ancho chile powder**
- **1½ teaspoons ground cumin**
- **1 teaspoon dried Mexican oregano**
- **2 tablespoons canola oil**
- **5 ounces whole-wheat angel hair pasta, broken into 1-inch pieces**
- **6 cups low-sodium chicken broth**
- **1½ pounds boneless, skinless chicken breasts, each cut into 3 pieces**
- **1 teaspoon salt**
- **1 ripe avocado, diced**
- **Lime wedges & hot sauce for garnish**

1. Combine tomatoes, onion, garlic, cilantro, chile powder, cumin and oregano in a blender. Puree until smooth.

2. Heat oil in a large pot over medium-high heat. Add pasta and stir constantly until toasted, 1 to 2 minutes. Add the tomato mixture (careful, it will splatter). Cook, stirring, for 1 minute. Add broth, chicken and salt. Bring to a boil. Cover, reduce heat to maintain a simmer, and cook until the chicken is cooked through (165°F), 10 to 12 minutes.

3. Transfer the chicken to a clean cutting board and shred. Return it to the pot. Serve the soup topped with avocado, along with lime wedges and hot sauce, if desired.

SERVES 8: 1½ cups each

Cal 295 **Fat** 11g (sat 2g) **Chol** 47mg **Carbs** 25g **Total sugars** 5g (added 0g) **Protein** 25g **Fiber** 5g **Sodium** 424mg **Potassium** 545mg.

Locro de Papas (Potato & Peppers Soup)

ACTIVE: 35 min **TOTAL:** 55 min

TO MAKE AHEAD: Refrigerate roasted peppers (Steps 1-2) for up to 2 days.

Traditionally, locros are thick, vegetable-based soups, served mostly during the cold months of the year in Ecuador. They are meant to be hearty and filling enough to stand as a whole meal. Be sure to seek out achiote paste, as there is no good substitute. (Photo: page 82.)

- **2 large red bell peppers**
- **2 tablespoons unsalted butter**
- **⅓ cup minced shallot**
- **2 large cloves garlic, minced**
- **2 teaspoons ground cumin**
- **1 tablespoon achiote paste *(see Tip, page 86)***
- **4 cups low-sodium chicken broth, divided**
- **2 pounds Yukon Gold potatoes, peeled and cubed (5 cups)**
- **1 cup whole milk**
- **½ teaspoon salt**
- **¼ teaspoon ground pepper**
- **1 cup crumbled queso fresco**
- **1 ripe avocado, diced**
- **¼ cup minced fresh cilantro**

1. Position rack in upper third of oven; preheat broiler to high.

2. Place bell peppers on a baking sheet. Broil, turning every 5 minutes, until charred and softened, 15 to 20 minutes. Transfer to a bowl, cover with plastic wrap and let stand for 10 minutes. Peel, seed and chop the peppers; set aside.

3. Meanwhile, melt butter in a large pot over medium-high heat. Add shallot, garlic and cumin; cook, stirring, until fragrant, about 1 minute. Add achiote paste and 1 cup broth; cook, stirring and breaking up the achiote, until it's dissolved. Add potatoes and the remaining 3 cups broth; bring to a boil. Reduce heat to maintain a simmer, cover and cook until the potatoes are easily pierced with a fork, 15 to 18 minutes.

4. Puree the soup with an immersion blender or in a regular blender (in batches, if necessary) until very smooth. (Use caution when pureeing hot liquids.)

5. Add the reserved peppers, milk, salt and pepper to the soup. Bring to a simmer over medium heat. Cook, stirring occasionally, until heated through, 5 to 8 minutes. Serve the soup topped with cheese, avocado and cilantro.

SERVES 6: 1½ cups each

Cal 356 **Fat** 16g (sat 7g) **Chol** 28mg **Carbs** 43g **Total sugars** 7g (added 0g) **Protein** 12g **Fiber** 7g **Sodium** 506mg **Potassium** 1,001mg.

Wine Pairings

For lush, quality wines at extremely reasonable prices, it's hard to beat bottles coming from South America. Here are three of our favorites to pair with these soups.

2019 Bodega Garzón Reserva Albariño
Maldonado, Uruguay • $20

Originally from the Galicia region of Spain, albariño has made a triumphant debut in Uruguay. These aromatic whites make ideal matches for light soups like the **Sopa de Fideos.**

2018 Vina San Pedro 1865 Single Vineyard Pinot Noir
Elqui Valley, Chile • $13

With aromas of cherries, raspberries and cloves, this red wine pairs wonderfully with the spiced meatballs in the **Sopa de Albóndigas.**

2018 Tilia Bonarda
Mendoza, Argentina • $14

Originally reserved for table wine in Argentina, the Italian bonarda grape is now hailed for its easy quaffability and fresh, fruity flavor. Try it alongside the **Sopa de Tartaritas** *(page 85).*

Sopa de Albóndigas (Meatball Soup)

ACTIVE: 55 min **TOTAL:** 1 hr 5 min

TO MAKE AHEAD: Prepare through Step 2 and refrigerate meatballs for up to 1 day.

While meatball soup can be traced back to ancient Persia, Spanish colonizers brought it to the Americas. In Honduras, this soup is made with chayote, tomatoes, potatoes and zucchini. Serve it with a salad for a full meal. (Photo: page 83.)

MEATBALLS

- **1 pound 85%-lean ground beef**
- **2 large eggs, lightly beaten**
- **⅔ cup panko breadcrumbs, preferably whole-wheat**
- **2 teaspoons dried Mexican oregano**
- **1 teaspoon ground cumin**
- **1 teaspoon ground pepper**
- **¼ teaspoon salt**

SOUP

- **1 tablespoon extra-virgin olive oil**
- **⅓ cup minced white onion**
- **2 large cloves garlic, minced**
- **1½ cups peeled, seeded and diced chayote *(see Tip, page 86)* or summer squash**
- **1 cup peeled and diced Yukon Gold potato**
- **¾ cup diced carrot**
- **2 tablespoons tomato paste**
- **1 15-ounce can no-salt-added diced tomatoes**
- **4 cups low-sodium beef broth**
- **1 cup diced zucchini**
- **¾ teaspoon salt**
- **2 tablespoons minced fresh flat-leaf parsley**

1. To prepare meatballs: Combine beef, eggs, panko, oregano, cumin, pepper and ¼ teaspoon salt in a large bowl. Let stand for 10 minutes at room temperature.

2. Meanwhile, bring 2 quarts of water to a simmer in a large saucepan over high heat. Form the beef mixture into 32 balls, about 1 tablespoon each. Add half the meatballs to the simmering water and cook for 3 minutes. Use a slotted spoon to transfer them to a plate. Repeat with the remaining meatballs.

3. To prepare soup: Heat oil in a large pot over medium-high heat. Add onion and garlic; cook, stirring, until fragrant, 1 to 2 minutes. Add chayote (or summer squash), potato and carrot; cook, stirring occasionally, until the vegetables begin to soften, about 3 minutes. Add tomato paste and cook, stirring constantly, until the vegetables are coated, about 1 minute. Add tomatoes and their juice; cook, stirring, for 1 minute. Add broth, zucchini, salt and the meatballs. Bring to a boil, then reduce heat to maintain a simmer. Cook, stirring occasionally, until the meatballs are cooked through, about 10 minutes. Remove from heat and stir in parsley.

SERVES 6: 1⅔ cups each

Cal 329 **Fat** 17g (sat 6g) **Chol** 113mg **Carbs** 21g **Total sugars** 6g (added 0g) **Protein** 23g **Fiber** 4g **Sodium** 585mg **Potassium** 747mg.

MAKE NOW BAKE LATER

7 RECIPES!

Your Daily Bread

If you want to fill your home with the aroma of fresh bread but aren't ready for the full-on commitment of tending to a sourdough starter, we got you. Mix up a big batch of our no-knead dough, pop it in the fridge and portion it throughout the week to make crusty loaves, rolls, flatbreads and more. Let's bake!

By **ADAM DOLGE** • Photography by **JENNIFER CAUSEY**

Cardamom Orange Rolls

Cinnamon Sugar Pull-Apart Rolls

Ham & Cheese Purses

Sesame Breadsticks

Crusty Wheat Boule

Roasted Garlic & Caramelized Onion Flatbread

Spicy Seeded Rolls

Want a bigger challenge? Hover your phone's camera over this smart code to learn how to make sourdough.

No-Knead Refrigerator Bread Dough

ACTIVE: 10 min **TOTAL:** 1 hr 10 min (plus overnight refrigeration)
TO MAKE AHEAD: Refrigerate dough for up to 1 week.
EQUIPMENT: Parchment paper, kitchen scale
This recipe makes enough dough to bake three of the variations that follow—boules, breadsticks, rolls and more. The dough will develop a tangier flavor the longer it hibernates in the fridge.

- **3½ cups all-purpose flour (1 pound)**
- **3⅓ cups white whole-wheat flour (1 pound)**
- **1½ tablespoons instant *or* active dry yeast (2 envelopes; *not* Rapid Rise)**
- **1 tablespoon salt**
- **3¼ cups lukewarm water**

Whisk all-purpose flour, whole-wheat flour, yeast and salt in a large bowl. Add water and stir until no dry flour remains. Loosely cover the bowl and let stand at room temperature for 1 hour. Transfer the dough to the refrigerator and refrigerate overnight or for up to 1 week.
MAKES: 60 oz. • **NUTRITION INFORMATION:** page 107.

Crusty Wheat Boule

ACTIVE: 10 min **TOTAL:** 1 hr 10 min

1. Place a 5-quart or larger cast-iron, enameled cast-iron or ceramic pot with a lid in the oven; preheat to 450°F.
2. Meanwhile, lightly dust a piece of parchment paper and your hands with flour. Cut off a 1¼-pound portion of **dough**. Gently shape the dough into a ball and place on the prepared parchment. Lightly dust the top with flour. Loosely cover and let rest for 30 minutes.
3. Remove the pot from the oven. Use a sharp knife to make two or three ½-inch-deep incisions on the top of the dough. Using the parchment as a sling, carefully transfer the dough (and parchment) to the pot. Put the lid on.
4. Bake the bread for 30 minutes. Carefully remove the lid and bake until the loaf is golden brown and an instant-read thermometer inserted in the center registers 210°F, about 5 minutes more. Use the parchment to help you lift the loaf out of the pot onto a wire rack. Let cool for at least 10 minutes before slicing.
MAKES: 1 loaf (8 slices)

Sesame Breadsticks

ACTIVE: 5 min **TOTAL:** 30 min

Preheat oven to 450°F. Place four 2-oz. portions of **dough** on a floured work surface. Cover and let rest for 15 minutes. Stretch and roll each piece into an 8-inch-long rope. Place on a parchment-lined baking sheet. Brush with 1 tsp. **toasted sesame oil.** Sprinkle each breadstick with ½ tsp. **sesame seeds** and a pinch of **flaky salt;** gently press to adhere. Bake until golden, 10 to 12 minutes.
SERVES 4

Roasted Garlic & Caramelized Onion Flatbread

ACTIVE: 10 min **TOTAL:** 35 min

Preheat oven to 450°F. Stretch an 8-oz. portion of **dough** into an 8-inch circle. Cover and let rest on a floured work surface for 10 minutes. Brush 1 Tbsp. **olive oil** in an 8-inch circle on a baking sheet and place the dough on top. Dimple the dough with your fingers and drizzle with 1 Tbsp. **olive oil.** Top with 1½ Tbsp. mashed roasted **garlic,** ½ cup caramelized **onions** and 1 tsp. chopped fresh **rosemary.** Bake until golden, 15 to 20 minutes.
SERVES 4

Spicy Seeded Rolls

ACTIVE: 10 min **TOTAL:** 30 min

Preheat oven to 450°F. Press four 1-oz. portions of **dough** into disks. Mix 1 tsp. each **fennel seeds** and **caraway seeds** with ½ tsp. **crushed red pepper.** Sprinkle the dough with the spices; gently knead until well combined. Shape the dough into balls. Arrange on a parchment-lined baking sheet. Cover and let rest for 10 minutes. Brush with 1 tsp. **olive oil.** Bake until golden, 10 to 12 minutes.
SERVES 4

Cardamom-Orange Rolls

ACTIVE: 15 min **TOTAL:** 35 min

Preheat oven to 450°F. Place an 8-oz. portion of **dough** on a floured work surface. Cover and let rest for 10 minutes. Roll the dough into an 8-by-10-inch rectangle. Brush with 1 Tbsp. melted **butter.** Sprinkle with 2 Tbsp. finely chopped **pistachios,** 2 tsp. **sugar** and 1 tsp. each **ground cardamom** and **orange zest.** Roll lengthwise into a cylinder. Cut into 8 slices. Place the rolls, cut-side up, on a parchment-lined baking sheet. Bake until golden, 10 to 12 minutes. Drizzle with 1 tsp. **honey.**
SERVES 8

Ham-&-Cheese Purses

ACTIVE: 10 min **TOTAL:** 20 min

Preheat oven to 450°F. Stretch four 1-oz. portions of **dough** into disks. Place ½ oz. each chopped **ham** and shredded **Cheddar cheese** in the center of each. Gather the edges together, leaving the top slightly open. Place each in a muffin cup coated with cooking spray. Bake until golden, 10 to 12 minutes.
SERVES 4

Cinnamon-Sugar Pull-Apart Rolls

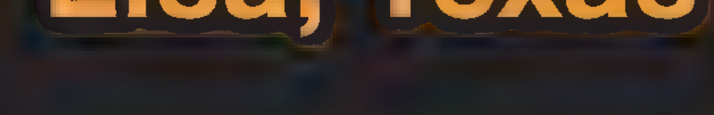
ACTIVE: 15 min **TOTAL:** 35 min

Preheat oven to 450°F. Place an 8-oz. portion of **dough** on a floured work surface. Cover and let rest for 10 minutes. Roll the dough into an 8-by 10-inch rectangle. Brush with 1 Tbsp. melted **butter.** Sprinkle with 1 Tbsp. **sugar** and 1 tsp. **ground cinnamon.** Roll lengthwise into a cylinder. Cut into 8 slices. Place the rolls, cut-side up, in an 8-inch baking dish. Brush with 1 Tbsp. melted **butter** and sprinkle with 1 tsp. **sugar** and ¼ tsp. ground **cinnamon.** Bake until golden, 10 to 12 minutes.
SERVES 8

STYLING: ALI RAMEE (FOOD), HEATHER CHADDUCK (PROPS)

DON'T HAVE ENOUGH MONEY TO STOCK UP ON FOOD. WE ONLY HAVE MONEY FOR GROCERIES FOR THE NEXT TWO DAYS.

Elsa, Texas



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If you've ever cooked up black-eyed peas and collard greens to ring in the new year, you know how satisfying the humble combination can be. These two nutritious, easy-on-the-wallet ingredients are the Simon & Garfunkel of the kitchen, bringing melodious harmonies to whatever dish you cook them in. Turn the page for charro beans topped with a citrusy kale slaw, hearty cannellini bean & escarole soup, black-eyed peas & collards laced with smoky chipotle, and more.

RECIPES BY LIANA KRISSOFF • PHOTOGRAPHY BY ELLEN SILVERMAN

lima beans & cabbage

p. 100

Black Bean & Chard Sliders with Poblanos

ACTIVE: 1 hr **TOTAL:** 1 hr

TO MAKE AHEAD: Refrigerate pickled onion (Step 1) for up to 2 days.

Take your time patting the beans dry: it keeps the sliders from falling apart. You can make 8 larger patties, to fit regular-size buns, but try to keep them about ½ inch thick so they'll heat through under the broiler without burning.

- **1 cup boiling water**
- **1 tablespoon honey**
- **¾ teaspoon salt, divided**
- **1 cup cider vinegar**
- **1 small red onion, thinly sliced**
- **3 medium poblano peppers**
- **1 tablespoon extra-virgin olive oil, divided**
- **1 medium yellow onion, diced**
- **3 cloves garlic, minced**
- **1 bunch chard, including stems, chopped (8 cups)**
- **4½ cups cooked black beans (see page 99), patted dry**
- **1 large egg, lightly beaten**
- **½ cup fine dry whole-wheat breadcrumbs**
- **2 teaspoons Creole seasoning, plus more for serving**
- **Cooking spray**
- **16 slider buns, preferably whole-wheat, split and toasted**
- **1 cup crumbled feta cheese**

1. Combine boiling water, honey and ½ teaspoon salt in a heatproof bowl, stirring to dissolve the honey and salt. Stir in vinegar, then add red onion. Set aside.

2. Position rack in upper third of oven; preheat broiler to high. Place peppers on a baking sheet and broil, turning occasionally, until blackened on all sides, 12 to 15 minutes. Transfer to a bowl, cover with plastic wrap and let steam until cool enough to handle, about 15 minutes. Peel and seed the peppers. Slice or tear them into strips; set aside.

3. Meanwhile, heat 1½ teaspoons oil in a large skillet over medium heat. Add yellow onion and cook, stirring occasionally, until soft and light golden brown, 3 to 5 minutes. Add garlic; cook, stirring occasionally, until fragrant and soft, 1 to 2 minutes. Scrape onto a plate.

4. Return the pan to medium heat and add the remaining 1½ teaspoons oil and chard. Cook, stirring frequently and adding a splash of water if it starts to stick, until the stems are tender and any liquid has evaporated, 5 to 8 minutes. Scrape onto the plate and let cool, about 10 minutes.

5. Place beans in a large bowl and coarsely mash. Add the chard mixture, egg, breadcrumbs, Creole seasoning and the remaining ¼ teaspoon salt; mix well.

6. Coat a baking sheet with cooking spray. Using about ⅓ cup to make each, portion the bean mixture into 16 patties, ½ inch thick, and place on the prepared baking sheet. Coat the patties lightly with cooking spray. Broil until browned and firm on top, 6 to 8 minutes. Flip the patties and coat the other side with cooking spray. Broil until browned, 4 to 6 minutes more.

7. Serve the patties in buns, topped with the reserved peppers, pickled onion and feta. Sprinkle with more Creole seasoning, if desired.

SERVES 8: 2 sliders each

Cal 457 **Fat** 13g (sat 3g) **Chol** 40mg **Carbs** 72g **Total sugars** 9g (added 0g) **Protein** 23g **Fiber** 11g **Sodium** 564mg **Potassium** 611mg.

black beans & chard

Warm Spinach Salad with Chickpeas & Roasted Tomatoes

ACTIVE: 15 min TOTAL: 50 min

The key to the incredible flavor here is roasting until the onion slices are charred at the edges and the juices from the tomatoes have cooked into a syrupy consistency on the baking sheet.

- 1 medium sweet onion sliced ¼ inch thick
- 4 tablespoons extra-virgin olive oil divided
- ½ teaspoon salt divided
- 1 pint cherry *or* grape tomatoes
- 3 cups cooked chickpeas *(see page 99)*
- 1¼ teaspoons dried oregano
- ¼ teaspoon ground pepper
- 2 tablespoons sherry vinegar
- 1 tablespoon tahini
- ½ teaspoon maple syrup
- 8 cups lightly packed spinach (8 ounces)

1. Preheat oven to 425°F.

2. Toss onion with 1 tablespoon oil and ⅛ teaspoon salt on a large rimmed baking sheet. Spread into an even layer. Roast for 10 minutes.

3. Push the onion to one side of the pan. Add tomatoes to the empty side and sprinkle with ⅛ teaspoon salt. Roll the tomatoes around on the pan to oil them up a bit. Roast until the onion is blackened in spots and the tomatoes have collapsed and released some of their juices, 25 to 30 minutes more.

4. Add chickpeas, oregano and pepper to the pan and drizzle with 1 tablespoon oil. Toss to combine the vegetables, scraping up the browned bits. Return to the oven and roast until the oregano is fragrant and the chickpeas are heated through, about 5 minutes.

5. Meanwhile, whisk the remaining 2 tablespoons oil, vinegar, tahini, maple syrup and the remaining ¼ teaspoon salt in a large bowl. Add spinach and toss to coat. Top the spinach with the roasted vegetables and chickpeas. Serve warm.

SERVES 4: 2 cups each

Cal 421 Fat 19g (sat 3g) Chol 0mg Carbs 49g Total sugars 13g (added 1g) Protein 16g Fiber 14g Sodium 398mg Potassium 658mg.

How to Cook Dried Beans

Canned beans are convenient but the number of dried varieties are unmatched. Plus, the water the beans are cooked in transforms into a thick, flavorful liquid that you can incorporate into soups and stews. One pound of dried beans yields about 6 cups cooked.

The time it takes to cook dried beans can vary not only due to the variety of bean but also how "dry" they are (beans continue to dry out in storage). These recipes call for **SOAKED BEANS** because they cook more quickly and evenly. (If you skip soaking, you'll need to cook the beans longer.) To soak: Put beans in a bowl, add water to cover them by 2 inches and soak overnight. Or use the quick-soak method: Place beans in a large pot, add water to cover by 2 inches and bring to a boil. Cook for 2 minutes, remove from heat and let stand, covered, for 1 hour.

Rinse the beans, place in your chosen cooking vessel and add fresh water to cover by 2 inches.

STOVETOP Bring to a boil, reduce heat to a simmer and cook until tender, 30 minutes to 2 hours.

SLOW COOKER Cover and cook until tender, for 3 to 5 hours on High or for 6 to 10 hours on Low. (Note: The FDA advises against cooking kidney beans in a slow cooker because they need to be boiled to kill a toxin that can cause gastrointestinal distress.)

PRESSURE COOKER Close and lock the lid. Cook at high pressure *(see below for timing)*. Turn off the pressure cooker and use the natural-release method.

	Soaked	Unsoaked
Black beans	8 min	25 min
Black-eyed peas	5 min	18 min
Cannellini beans	9 min	35 min
Chickpeas	15 min	40 min
Lima beans	10 min	14 min
Pinto beans	9 min	30 min

Times are based on the Instant Pot Cooking Time Table. Check your manual for recommended cooking times—the pressure at which different models cook can vary.

IN A PINCH? Use canned and rinse before using. Opt for no-salt-added to better control sodium in the final dish. Each 15-oz. can yields about 1½ cups drained.

STYLING: CHRISTINE ALBANO (FOOD), PAIGE HICKS (PROPS)

Charro Beans with Chorizo & Kale Slaw

ACTIVE: 35 min
TOTAL: 2½ hrs (plus overnight soaking)
TO MAKE AHEAD: Refrigerate beans and reserved cooking liquid (Step 1) separately for up to 3 days.

This dish gets its name from the Mexican cowboys (charros) who cooked these soupy beans over campfires as they traveled the open range. The kale slaw is a bright foil for this earthy dish. Enjoy a bowl as is or scoop it up with warm tortillas. Look for Mexican-style chorizo near other sausage in well-stocked supermarkets or Latin American markets.

- **1 pound dried pinto beans (about 2 cups), soaked overnight**
- **9 ounces Mexican-style chorizo, casing removed**
- **1 medium onion, diced**
- **3 cloves garlic, chopped**
- **1½ teaspoons salt, divided**
- **¼ teaspoon ground pepper**
- **6 cups very thinly sliced kale**
- **1½ tablespoons lime juice**
- **1 small carrot, shredded**
- **2 tablespoons pepitas, toasted**

1. Drain the soaked beans and rinse. Place in a large pot and add water to cover by at least 2 inches. Bring to a boil over high heat. Adjust heat to maintain a gentle simmer, cover and cook until tender, 1 to 1½ hours. *(Alternatively, cook beans in a pressure cooker or slow cooker; see left.)* Reserve 2 cups of the cooking liquid and drain the beans.

2. Cook chorizo, onion and garlic in the pot over medium heat, stirring frequently to break up the sausage, until the onion and garlic are tender, 8 to 12 minutes. Stir in the reserved cooking liquid, scraping up any browned bits. Add the beans, ¾ teaspoon salt and pepper. Bring to a boil over high heat. Reduce heat to medium-low, cover and simmer for 10 minutes.

3. Meanwhile, place kale in a large bowl. Drizzle with lime juice and sprinkle with the remaining ¾ teaspoon salt. Massage the kale until wilted and darker green. Add carrot and pepitas; toss well. Serve the beans topped with the slaw.

SERVES 8: 1 cup beans & ½ cup slaw each
Cal 361 **Fat** 14g (sat 4g) **Chol** 22mg **Carbs** 43g **Total sugars** 2g (added 0g) **Protein** 19g **Fiber** 14g **Sodium** 600mg **Potassium** 640mg.

Chipotle Black-Eyed Peas & Collards with Crispy Shallots

ACTIVE: 30 min
TOTAL: 2 hrs (plus overnight soaking)
TO MAKE AHEAD: Refrigerate peas and reserved cooking liquid (Step 1) separately for up to 3 days.
Instead of getting flavor from a ham hock, this mess of black-eyed peas and collards gets its smokiness from canned chipotles and caramelized shallots, thereby keeping it vegetarian.

- **8 ounces dried black-eyed peas (about 1⅓ cups), soaked overnight**
- **¼ cup extra-virgin olive oil**
- **4 large shallots, thinly sliced**
- **Pinch of salt plus ½ teaspoon, divided**
- **2 small bunches collard greens (about 1¼ pounds total), stemmed and torn into bite-size pieces**
- **2 tablespoons minced chipotle chiles in adobo sauce**
- **2 tablespoons lime juice**
- **Steamed brown rice (optional)**

1. Drain the soaked peas and rinse. Place in a large pot and add enough water to cover by 2 inches. Bring to a boil over high heat. Adjust heat to maintain a gentle simmer, cover and cook until tender, 30 to 45 minutes. *(Alternatively, cook peas in a pressure cooker or slow cooker; see page 99.)* Reserve 1½ cups of the cooking liquid and drain the peas.
2. Heat oil in the pot over medium heat. Add shallots and a pinch of salt and cook, stirring frequently, until deeply browned, 10 to 15 minutes. Use a slotted spoon to transfer half the shallots to a paper-towel-lined plate.
3. Add collards to the pot and toss until bright green and wilted, about 3 minutes. Add the reserved cooking liquid and chipotles. Bring to a boil. Adjust heat to maintain a simmer, cover and simmer for 15 minutes.
4. Gently stir in the peas. Cover and simmer until the collards are very tender, about 10 minutes more. Stir in lime juice and the remaining ½ teaspoon salt. Top with the shallots and serve with rice, if desired.
SERVES 4: about 1 cup each
Cal 400 **Fat** 15g (sat 2g) **Chol** 0mg **Carbs** 52g **Total sugars** 12g (added 0g) **Protein** 17g **Fiber** 16g **Sodium** 373mg **Potassium** 903mg.

Braised Cabbage & Lima Beans over Rye Toast

ACTIVE: 35 min
TOTAL: 2¾ hrs (plus overnight soaking)
TO MAKE AHEAD: Refrigerate beans and reserved cooking liquid (Step 1) separately for up to 3 days.
This simple homey dish is exactly what you need after a day of playing in the snow. Enjoy in front of a fire, with a hearty black lager alongside.
(Photo: page 96.)

- **10 ounces dried lima beans (about 1½ cups), soaked overnight**
- **3 tablespoons extra-virgin olive oil, divided**
- **1 medium onion, coarsely chopped**
- **6 cloves garlic, peeled**
- **Pinch of salt plus ½ teaspoon, divided**
- **3 cups low-sodium vegetable broth**
- **8 cups chopped green cabbage (1-inch pieces; about 1 small head)**
- **½ teaspoon ground pepper plus cracked pepper to taste**
- **6 ½-inch-thick slices dark rye *or* whole-wheat bread, toasted**
- **6 tablespoons grated Pecorino Romano cheese**

1. Drain the soaked beans and rinse. Place in a large pot and add enough water to cover by 2 inches. Bring to a boil over high heat. Adjust heat to maintain a gentle simmer, cover and cook until tender, 1½ to 2 hours. *(Alternatively, cook beans in a pressure cooker or slow cooker; see page 99.)* Reserve 2 cups of the cooking liquid and drain the beans.
2. Heat 1 tablespoon oil in the pot over medium heat. Add onion, garlic and a pinch of salt; cook, stirring occasionally, until the onion is starting to brown, 5 to 8 minutes. Stir in broth and the reserved cooking liquid, scraping up any browned bits. Stir in cabbage and ground pepper. Bring to a boil. Adjust heat to maintain a simmer, cover and cook until the cabbage is very tender, about 25 minutes. Season with the remaining ½ teaspoon salt.
3. Gently mix in the beans. Cover and simmer for 10 minutes. Serve the bean mixture over toast and top with the remaining 2 tablespoons oil, cheese and cracked pepper.
SERVES 6: 1¼ cups cabbage & beans and 1 slice toast each
Cal 364 **Fat** 10g (sat 2g) **Chol** 5mg **Carbs** 55g **Total sugars** 10g (added 0g) **Protein** 16g **Fiber** 14g **Sodium** 566mg **Potassium** 1,065mg.

cannellini beans & escarole

Escarole, Cannellini Bean & Sausage Soup

ACTIVE: 40 min
TOTAL: 2 hrs (plus overnight soaking)
TO MAKE AHEAD: Refrigerate beans and reserved cooking liquid (Step 1) separately for up to 3 days.
EQUIPMENT: Parchment paper

This soup would be equally satisfying if you took it in a vegetarian direction and skipped the sausage and used no-chicken broth.

- 12 ounces dried cannellini beans (about 1¾ cups), soaked overnight
- 6 large eggs
- 1 cup finely chopped flat-leaf parsley
- ½ cup grated Parmesan cheese
- ¼ cup all-purpose flour
- ½ teaspoon salt, divided
- 1 tablespoon extra-virgin olive oil
- 8 ounces Italian turkey sausage, casings removed
- ½ medium onion, diced
- 3 cloves garlic, chopped
- 4 cups low-sodium chicken broth
- 1 head escarole, coarsely chopped (10 cups)
- ¼ teaspoon ground pepper
- Lemon wedges for serving

1. Drain the soaked beans and rinse. Place in a large pot and add water to cover by 2 inches. Bring to a boil over high heat. Adjust heat to maintain a gentle simmer, cover and cook until tender, 1 to 1½ hours. *(Alternatively, cook beans in a pressure cooker or slow cooker; see page 99.)* Reserve 2 cups of the cooking liquid and drain the beans.

2. Meanwhile, preheat oven to 350°F. Line the bottom of a 9-by-13-inch baking dish with parchment paper.

3. Whisk eggs, parsley, Parmesan, flour and ¼ teaspoon salt in a large bowl. Pour into the prepared baking dish. Bake until firm, about 15 minutes. Loosen the edges with a spatula. While still warm, invert onto a cutting board. Remove the parchment and cut the frittata into ¼-inch cubes.

4. Heat oil in the pot over medium heat. Shape sausage into ¾-inch balls and add them to the pot. Cook, turning occasionally, until browned all over, about 5 minutes. Add onion and garlic and cook, stirring frequently, until the onion is translucent, 5 to 8 minutes. Stir in broth and the reserved cooking liquid, scraping up any browned bits. Increase heat to high and bring to a boil.

5. Add escarole, the beans and the remaining ¼ teaspoon salt and pepper. Return to a boil. Cook until the escarole is just tender, 3 to 5 minutes. Serve the soup topped with the egg "croutons" and with lemon wedges, if desired.

SERVES 6: 1⅔ cups soup & ⅓ cup "croutons" each
Cal 422 **Fat** 14g (sat 4g) **Chol** 220mg **Carbs** 43g **Total sugars** 2g (added 0g) **Protein** 31g **Fiber** 21g **Sodium** 684mg **Potassium** 1,386mg.

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WELL SEASONED

SMARTS FROM OUR TEST KITCHEN

DUTCH OVEN DEVOTION

By Lucy M. Clark

These heirloom-worthy pots have been serving up hearty stews, braises, roasts and even bread for centuries. Yes, they can be an investment piece (our picks range from $70 to over $300), but they're incredibly versatile. They can move from stovetop to oven seamlessly. And their substantial, coated-cast-iron construction makes them excellent heat conductors, especially compared to aluminum stockpots. It also doesn't hurt that Dutch ovens come in a world of gorgeous colors. We recommend going for a 5- to 6-quart one, so it's roomy enough for things like a family-size pot of chili. but not so massive that it takes up all your cabinet space. So, what are you waiting for? *(Clockwise from bottom left: Le Creuset, $360; Artisanal Kitchen Supply, $70; Milo, $135; Lodge, $92; Staub, $280)*

CARSON DOWNING
STYLING: KELSEY MOYLAN
(FOOD), SUE MITCHELL (PROPS)

Shop these Dutch ovens! Hover your phone's camera over this smart code to score our picks.

Meet Our Test Kitchen Pros

Carolyn Malcoun / Food Features Editor

"I collaborate with writers to bring interesting stories and recipes to *EatingWell*. I'm a graduate of the New England Culinary Institute and have a journalism degree. I've been at *EatingWell* for 16 years!"

Devon O'Brien / Senior Food Editor

"I'm in charge of the *Dinner Tonight* and *Good Food Fast* sections of the magazine—which offer quick and easy healthy eating solutions. I hold degrees in journalism and culinary science and have worked at food magazines for about a decade."

Breana Lai Killeen M.P.H., R.D. / Test Kitchen Manager

"I oversee the testing, development and nutrition analysis of all *EatingWell* recipes. I went to Le Cordon Bleu London, am a registered dietitian, have a master's in public health nutrition and am a trained sommelier."

Adam Dolge

Test Kitchen Developer

"As a graduate of the Culinary Institute of America, I've worked in nearly every restaurant role from server to line cook. I spent years developing recipes for *Southern Living, Cooking Light* and *Real Simple* before joining *EatingWell*."

Ask Breana

How does *EatingWell* test and analyze its recipes?

At our *EatingWell* offices here in Shelburne, Vermont, we have five Test Kitchen stations—each equipped with its own stovetop, oven, refrigerator, dishwasher, sink, prep space, tools and pantry ingredients. Here's how the recipe-testing process goes:

All our recipes are developed by our staff, professional chefs or freelance recipe developers. And each one is tested multiple times (three is the average) by at least two different people in our Test Kitchen. Why two? To make sure that the recipe is written clearly enough that both cooks end up with as-similar-as-possible results—and to compare yields, as well as prep and cook times. We also test recipes with both gas and electric cooktops and ovens—to ensure we give the most accurate cook times for both.

The finished dish is then plated by the tester and tasted by a group of Test Kitchen staff and editors. A taster's goal is to give feedback on a number of points—not just taste. How visually appealing is the recipe? Is there a good mix of textures? Is the recipe balanced in terms of flavors? (Case in point: we decided to add sliced almonds to the spiced pork chops on page 40 to add a bit of crunch and balance the sweetness of the apricot agrodolce.) The tester takes notes and then tweaks the final recipe, as necessary.

How the nutrition analysis process works:

We enter each recipe into a software program that gives us a detailed breakdown of the calories, total and saturated fat, carbohydrates, protein, total and added sugars, sodium, cholesterol, fiber, vitamins and minerals in the dish. (Find most of this info in our Recipe Index, page 107.)

We also decide on portion sizes according to our nutrition guidelines—based in part on the USDA's Dietary Guidelines for Americans—for different types of dishes, such as entrees, sides and desserts. This includes making sure the dish fits our parameters for things like sodium and calories, while still feeling satisfying and tasting delicious!

BREANA LAI KILLEEN, M.P.H., R.D., is the *EatingWell* Test Kitchen manager.

OLIVER PARINI; STYLING: MOLLY VELTE

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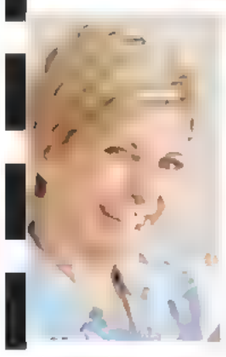

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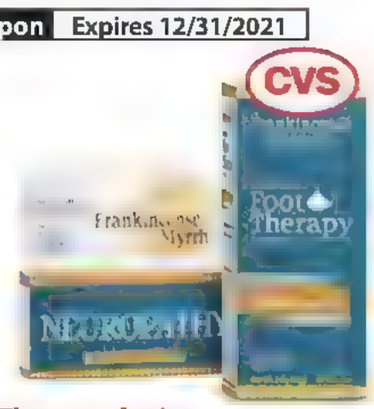

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"Best-Ever Beef Bourguignon"

That's what our Editor-in-Chief exclaimed after tasting this French stew. Here, the ingredients that make it a standout. **By Adam Dolge**

Chuck Roast An affordable cut of meat, chuck roast comes from the shoulder of a cow. We suggest you buy a 2¼- to 2½-pound roast—depending on how lean or fatty it is—to trim and cut into chunks yourself, versus buying precubed stew meat—those pieces of beef can come from any part of the cow and may vary in taste and fat content.

Tomato Paste This super-concentrated ingredient adds umami—or savoriness—to the stew. It's made by cooking tomatoes down, then straining the mixture to remove the skins and seeds and cooking it even longer until it becomes a thick paste.

Pinot Noir Wine is a crucial component of beef bourguignon (you'll use a whole bottle of it!). Pinot noir is a medium-bodied wine that won't overwhelm the stew, but has a good amount of tannins that help tenderize the beef as it simmers. If you want to stay true to the origins of the recipe, choose a Burgundy, which is a pinot noir from the eponymous region of France.

Bouquet Garni French for "garnished bouquet," this tied-up bundle of herbs—here a combination of fresh thyme, parsley and bay leaf—is traditional in beef bourguignon. The flavor of the herbs infuses the dish and the bouquet garni is easy to pluck out before serving.

Frozen Pearl Onions We cook these sweet, marble-size onions separately from the stew to caramelize their natural sugars, and add them at the very end. And we call for prepeeled frozen ones to save serious time, with no noticeable difference in flavor or texture.

Beef Bourguignon

ACTIVE: 1 hr **TOTAL:** 2½ hrs
TO MAKE AHEAD: Prepare through Step 4 and refrigerate for up to 3 days. **EQUIPMENT:** Kitchen string

- 2¼-2½ pounds beef chuck roast, trimmed
- 1 teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons canola *or* grapeseed oil, divided
- 4 ounces bacon, chopped
- 3 large carrots, sliced diagonally
- 1 large yellow onion, chopped
- 3 tablespoons all-purpose flour
- 1 tablespoon tomato paste
- 2 cloves garlic, minced
- 1 750-mL bottle pinot noir, preferably Burgundy
- 2 cups low-sodium beef broth
- 5 fresh parsley stems, plus chopped parsley for garnish
- 5 sprigs fresh thyme
- 1 bay leaf
- 1 14-ounce bag frozen pearl onions, thawed
- 8 ounces cremini mushrooms, halved or quartered if large

1. Cut beef into 1-inch cubes, pat dry and sprinkle with ½ teaspoon salt and ¼ teaspoon pepper.
2. Heat 1 tablespoon oil in a large pot over medium heat. Add bacon and cook until crisp, 4 to 6 minutes. Use tongs or a slotted spoon to transfer to a plate.
3. Add half the beef to the pot; cook over medium-high heat, flipping once, until well browned, about 5 minutes. Transfer to the plate with the bacon. Repeat with the remaining beef, adjusting the heat as necessary.
4. Reduce heat to medium. Add carrots and chopped onion to the pot; cook, stirring occasionally, until tender-crisp, about 5 minutes. Stir in flour, tomato paste, garlic and the remaining ½ teaspoon salt and ¼ teaspoon pepper; cook for 1 minute. Add wine and broth; cook, scraping up any browned bits, until the mixture comes to a boil. Tie parsley stems, thyme and bay leaf together with kitchen string; add the bouquet garni to the pot along with the bacon, beef and any accumulated juices. Reduce heat to maintain a simmer. Cover and cook, stirring occasionally, until the beef is very tender, 1 to 1½ hours.
5. About 20 minutes before serving, heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add pearl onions; cook, stirring occasionally, until starting to brown, about 8 minutes. Add mushrooms; cook, stirring occasionally, until the vegetables are well browned, 6 to 8 minutes more.
6. Discard the bouquet garni. Serve the stew topped with the mushrooms and onions and sprinkled with chopped parsley, if desired.

SERVES 8: 1⅓ cups each
Cal 379 **Fat** 14g (sat 4g) **Chol** 83mg **Carbs** 15g **Total sugars** 5g (added 0g) **Protein** 30g **Fiber** 2g **Sodium** 722mg **Potassium** 544mg.

ILLUSTRATION BY EMMA DIBBEN; PHOTO BY CARSON DOWNING; STYLING: KELSEY MOYLAN (FOOD), SUE MITCHELL (PROPS)

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B12 (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Breakfast																				
62	Bacon & Kale Sheet-Pan Eggs	217	5	0	16	0	548	183				22	20		■	■		■		
79	Berry Orange Smoothie	167	31	0	8	5	86	415	25					49	■	■				■
62	Broccoli, Ham & Cheese Sheet-Pan Eggs	205	2	0	19	0	496	232							■	■		■		
62	Smoked Salmon & Goat Cheese Sheet-Pan Eggs	215	2	0	19	0	452	187							■	■		■		
62	Smoky Cauliflower Sheet-Pan Eggs	226	5	0	18	2	502	253							■			■		■
62	Tomato & Pesto Sheet-Pan Eggs	215	3	0	19	0	462	229							■	■		■		
Snacks																				
77	Everything-Seasoned Almonds	223	8	0	8	5	245	267								■				■
77	Pizza Pistachios	177	10	0	7	3	346	346					24			■		■		■
77	Rosemary-Garlic Pecans	175	4	0	3	3	332	115								■		■		■
Salads & Sides																				
54	Ginger-&-Miso-Glazed Broccoli	140	12	1	5	4	339	489		26		86		148	■	■		■	■	■
54	Shaved Root Vegetable Salad with Pistachios	122	10	0	3	3	276	328		23					■	■		■		■
98	Warm Spinach Salad with Chickpeas & Roasted Tomatoes	421	49	1	16	14	398	658	20		43	160		53		■			■	■
80	Winter Cobb Salad	452	32	0	11	11	471	978		36		351		84		■		■		
Soups																				
100	Braised Cabbage & Lima Beans over Rye Toast	364	55	0	16	14	566	1,065		70	27			51			■	■		
101	Escarole, Cannellini Bean & Sausage Soup	422	43	0	31	21	684	1,386	22	44	41	60		23				■		
89	Locro de Papas (Potato & Peppers Soup)	356	43	0	12	7	506	1,001	20			45		96		■				
86	Moqueca (Seafood & Coconut Chowder)	485	39	0	28	5	686	997			28	74	148	88	■	■				
89	Sopa de Albóndigas (Meatball Soup)	329	21	0	23	4	585	747			20	68	33	25				■		
88	Sopa de Fideos (Chicken Noodle Soup with Sofrito)	295	25	0	25	5	424	545						23	■			■		
85	Sopa de Tartaritas (Tiny Crêpe Soup)	197	20	0	9	1	473	294										■		
86	Vori Vori (Corn-Dumpling Soup)	317	28	0	22	5	490	586	21			206		22		■		■		
Vegetarian																				
97	Black Bean & Chard Sliders with Poblanos	457	72	0	23	11	564	611	27			42		31			■	■		■
60	Butternut Squash Mac & Cheese	313	36	0	8	3	478	297				135			■			■		■
100	Chipotle Black-Eyed Peas & Collards with Crispy Shallots	400	52	0	17	16	373	903	26	115	30	82		42		■		■	■	■
51	Creamy Queso Chili	304	26	0	15	8	601	697	28			55		70	■	■		■		■
34	Crispy Rice Bowls with Fried Eggs	428	45	0	13	8	627	572		59	26	215		37	■	■		■		■
36	Delicata, Rosemary & Blue Cheese Pizza	354	45	0	10	4	461	249				120			■			■		■
60	Green Mac & Cheese	250	33	0	9	3	499	285				56		52	■			■		■
77	Instant-Pot Mujadara	338	50	0	12	10	399	504			21					■		■	■	■
60	Spicy Baked Mac & Cheese	275	42	0	10	2	589	140							■			■		■
60	Sweet & Spicy Mac & Cheese	366	50	0	12	6	486	391				66			■					■
Chicken																				
56	Chicken Kofta with Yogurt Sauce	226	4	0	22	1	459	647							■	■		■		
48	Creamy Chicken Marsala with Prosciutto	396	11	0	34	1	475	381							■					
42	Jerk-Spiced Chicken with Charred Pineapple Salsa	217	9	0	26	1	254	86						37	■	■		■		
38	Skillet-Roasted Chicken Legs with Citrus & Star Anise	237	9	0	25	1	635	421						26	■	■		■		
44	Spaghetti Squash Nests with Sausage, Mushrooms & Tomatoes	260	21	0	11	4	462	429								■		■		
Fish & Seafood																				
79	Honey-Chipotle Glazed Salmon with Cauliflower Rice Pilaf	370	12	3	34	3	497	626				40	102	53	■	■		■		
43	Seared Snapper with Red Pepper Relish & Garlic Mayo	436	9	1	29	3	498	586				28	62	33	■	■				
46	Singapore Noodles	358	41	0	17	3	884	189				35		22	■			■		
53	Tuna Melts with Roasted Bell Peppers	493	35	0	32	7	691	596	46	25		80	36	158	■			■		
Beef & Pork																				
106	Beef Bourguignon	379	15	0	30	2	722	544				77	30					■		
60	Brussels & Bacon Mac & Cheese	297	34	0	10	3	559	336						43	■			■		
99	Charro Beans with Chorizo & Kale Slaw	361	43	0	19	14	600	640		58	24	184		72		■	■	■		
57	Italian Meatballs *(plus variations)*	216	6	0	26	1	450	313							■			■		
39	Pancetta Pangrattato & Leek Pasta	487	66	0	17	9	438	318			27	28		26	■					
40	Spiced Pork Chops & Parsnips with Apricot Agrodolce	454	48	3	26	10	552	1,258		23		38		27	■	■				
Baked Goods																				
92	Cardamom-Orange Rolls	85	14	2	2	1	117	45							■					■
92	Cinnamon-Sugar Pull-Apart Rolls	88	14	2	2	1	117	25							■					■
92	Crusty Wheat Boule	133	28	0	5	3	291	55										■	■	■
80	Double Chocolate Peanut Butter Brownie Bites	133	13	7	3	1	93	79								■		■		■
92	Ham-&-Cheese Purses	133	12	0	9	1	397	77							■			■		
92	No-Knead Refrigerator Bread Dough *(per ounce)*	54	11	0	2	1	117	22										■	■	■
92	Roasted Garlic & Caramelized Onion Flatbread	223	28	0	5	3	235	114							■				■	■
92	Sesame Breadsticks	125	23	0	4	2	378	51							■				■	■
92	Spicy Seeded Rolls	68	12	0	2	1	117	42							■			■	■	■

For more info about our nutritional analyses: *eatingwell.com/go/guidelines*

The Future Is Female

Meet the chef behind the food incubator that's launching Florida women into culinary careers.

By Beth Graham • Photo by Charlotte Kesl

THE SITUATION During the 15 years Chriss Brown spent rising through the ranks at Applebee's, she always yearned to cook her *own* food. "I was the only female in the kitchen, which made it difficult to find mentors. If I had a supportive environment back then, I may have found a better, faster path to pursue my culinary dreams," Brown reflects. Then, in 2005, she stepped out on a limb: she opened a café in Jacksonville, Florida, where her fried bologna sandwich quickly earned her a cult following. Brown sold that business five years later and started a commercial kitchen, plus a catering and event company. Now, it's her mission to help other women achieve their goals: "I know there are women out there who have a food-business idea they don't know how to make happen," she says. "I want to show them the way."

WHAT SHE DID In 2018, Brown launched The Empowered Kitchen, a six-month program that takes aspiring female entrepreneurs through all the steps of building and growing a food business. It covers everything from operations, finance and marketing to culinary skills. Brown also rallied six local small-business professionals to serve as board members and mentors. What's funding her nonprofit? The grilled cheese truck that Brown opened (*shown*), which also functions as a test market for students, allowing them to serve their own creations and use customer feedback to fine-tune their products.

Only about 20% of working chefs in the U.S. are women and 33% of restaurants are majority-owned by women.

WHY IT'S COOL In December 2019, the Empowered Kitchen graduated its first class. Soon after, alumnae Aisha Ward and Felicia Alvarez opened Flavour Saviour Food Truck & Catering, showcasing their penchant for international dishes. "We learned that running a successful business requires more than a passion for good food," Ward says. While the pandemic has forced Brown to scale back her class size for 2021, she's still taking on a handful of applicants. "I had to make my own way in the culinary world so it was twice as hard and took twice as long," Brown says. "This program is a springboard for women to achieve their culinary dreams faster."

"Hopefully, our students will go out into the culinary world and become mentors to other women, so we can turn the industry numbers around."

—Chef Chriss Brown

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Iced Caramel Latte

Mix 2 tbsp Torani Caramel Sauce with 1 cup milk and 2 shots chilled espresso and serve in a rimmed glass with Caramel Sauce & sea salt

Caramel Macchiato

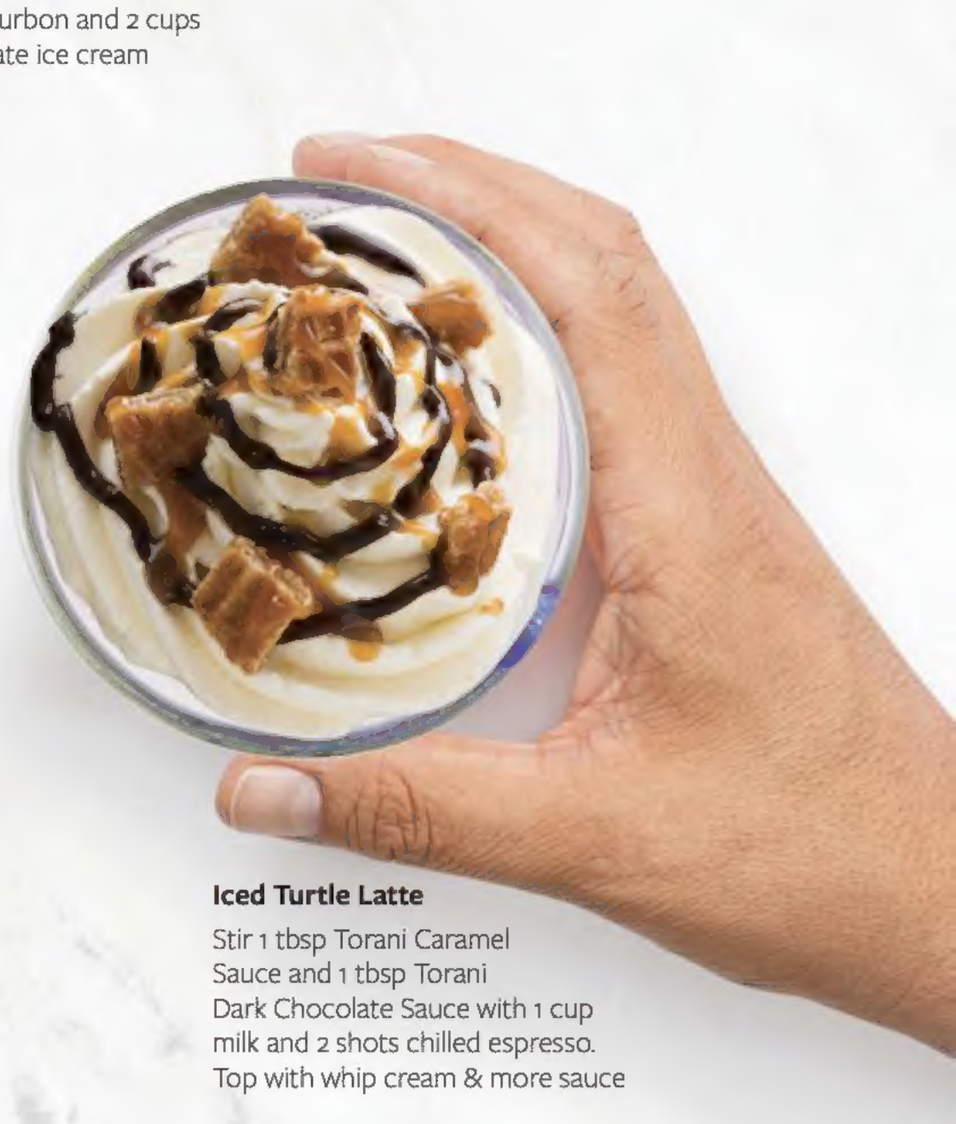
Combine 2 tbsp Torani Caramel Sauce with 2 shots espresso (or ½ cup strong brewed coffee) and 1 cup frothed milk

Boozy Bourbon Caramel Shake

Blend together 3 tbsp Torani Caramel Sauce, 2 oz bourbon and 2 cups chocolate ice cream

Caramel Shakerato

Shake 1 tbsp Torani Caramel Sauce, 1 cup cold brew and 2 tbsp half & half in a cocktail shaker



Iced Turtle Latte

Stir 1 tbsp Torani Caramel Sauce and 1 tbsp Torani Dark Chocolate Sauce with 1 cup milk and 2 shots chilled espresso. Top with whip cream & more sauce

Mixes well

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